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ABSTRACT

The materials cited in this annotated bibliography focus on maternal and infant health and the critical importance of good nutrition. Audiovisuals and books are listed in 152 citations derived from online searches of the AGRICOLA database. Materials are available from the National Agricultural Library or through interlibrary loan to a local library. (JD)

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Quick Bibliography Series

Maternal and Infant Nutrition Education Materials January 1981 - October 1988

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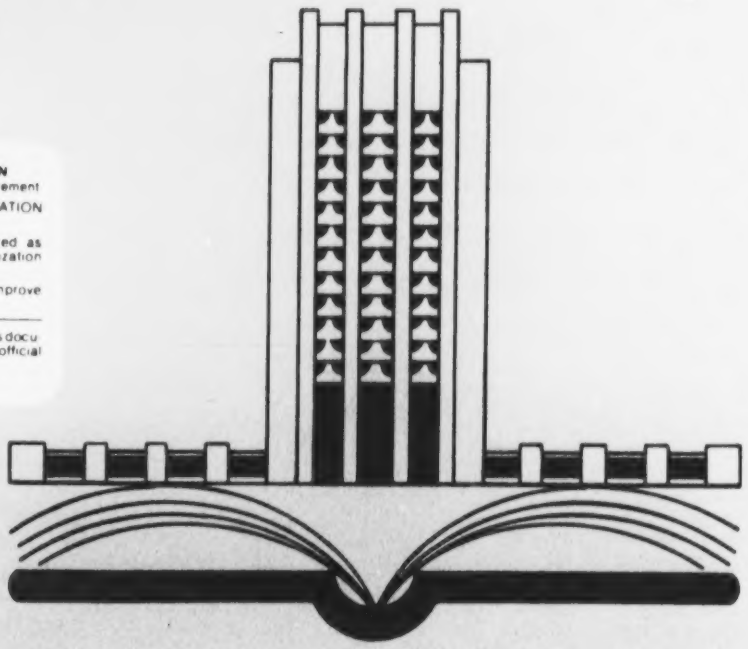

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I. AUDIOVISUALS

0001
Birthday party eatersthe development of feeding skills in preschoolers. --. Seattle, Wash. : CDMRC Media Services, Child Development and Mental Retardation Center, University of Washington, 19827 . Sound accompaniment compatible with manual and automatic operation. 67 slides : col. + 1 sound cassette (10 min.). (NAL Call No.: DNAL FNC RJ216.B55 F&N AV).
Abstract: An audiovisual program for mothers and prospective mothers includes a 10-minute audiocassette recording keyed to a 67 color slide presentation covering the various states of feeding behavior and eating patterns of children from birth to 5 years of age which may lead to lifetime food and eating habits. The program points out and illustrates the reflex feeding behavior of new infants; the use of hand-to-mouth movements for pureed foods; the introduction of solid, table foods; self-feeding and drinking; the development of the ability to chew foods; and the subsequent use of utensils, leading to the child feeding itself at the family table by age 4. Food preference habits linked to independent eating skills become evident by age 5. Hence, this program strives to depict the normal feeding and eating patterns of typical children from infancy through the preschool years. (wz)

0002
Breastfeeding.
(New Orleans, La.) New Orleans Video Access Center (1981). 1 film reel (5 min.) : sd., col. ; 16 mm. (NAL Call No.: RJ216.B725 F&N AV).
Abstract: The advantages of breastfeeding are discussed. Emotional benefits for the mother, nutritional advantages for the baby, convenience, and economy are explained. Other specific topics addressed include how to handle breastfeeding in public and how to relax. The overall theme of returning to and encouraging the natural infant feeding method is emphasized. (kbc)

0003
Breastfeeding, a practical guide produced by Motion, Inc. ; board of advisors Luis F. Vera ... (et al.) ; produced in cooperation with New York Foundation for the Arts.
; Vera, Luis F. Washington, D.C. Motion, Inc. c1982. Funding by Mary Jane, additional funding by Kimberly-Clark Corporation. 1 videocassette (30 min.) : sd., col., ; 3/4 in. (NAL Call No.: RJ216.B7382 F&N AV).
Abstract: The production of breast milk and breastfeeding are described. The hormonally influenced process of milk production, the psychological needs of the baby to suck, the transfer of nutrients and medications to the milk, nipple preparation, couple decision-making, and breastfeeding techniques are described and demonstrated. Problems such as soreness, breast infection, reduced milk production, and illness are discussed. Types of clothing which facilitate breastfeeding and tips for feeding when away from home are included. (kbc)

0004
Breastfeeding, a practical guide produced by Motion, Inc. ; board of advisors Luis F. Vera ... (et al.) ; produced in cooperation with New York Foundation for the Arts.
; Vera, Luis F. Washington, D.C. Motion, Inc. c1982. Funding by Mary Jane, additional funding by Kimberly-Clark Corporation. 2 film reels (30 min.) : sd., col., ; 16 mm. ; 1 teaching manual (36 p. ; 28 cm.). (NAL Call No.: RJ216.B738 F&N AV).
Abstract: In Part I, physical and emotional aspects of preparation for breastfeeding are discussed by couples and an instructor in a childbirth class. The physiology of milk production and the letdown reflex are illustrated and explained. Also discussed are infant reflexes, frequency of nursing, the function of colostrum, and choosing a nursing bra. Special nutritional needs during breastfeeding and the importance of avoiding alcohol, caffeine, and other drugs are mentioned. Part II features discussions by postpartum couples of nursing schedules, problems encountered in breastfeeding and nursing in public. Manual and pump expression of breast milk is demonstrated. Women express positive feelings about breastfeeding and supportive viewpoints are added by male partners throughout both films. An accompanying teaching manual provides additional information for group presentation, review of film sequences, discussion questions, and sources of supplemental information.

0005
Breastfeedingproduced by Myees Breen.
--.
; Breen, Myles. Mt. Prospect, Ill. : distributed by Mar Chuck Film Industries, 1985? . Title from container.~ "Print. 1 film reel (8 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.85 F&N).
Abstract: An instructional film for new mothers presents the facts of breastfeeding in order to help the new or expectant mother make a decision on whether or not to breastfeed her baby. Myths of breastfeeding are dispelled in order to reassure the mother regarding her decision. Breast milk is compared to cow's milk and the overrall emphasis of the film supports breastfeeding as the superior method of feeding the infant. (ls)

0006
Bright from the startthe story of the nursing bottle and your child's teeth.
--.
; Shulman, Stan. Washington, D.C. : National Nursing Bottle Caries Prevention Program, Research and Education Foundation, District of Columbia Dental Society, c1982. 62 slides : col. + 1 sound cassette (12 min.) + 1 script + 6 posters + instructional materials. (NAL Call No.:

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DNAL FNC RK306.C5B7 F&N AV).
Abstract: An explanation of dental caries in infants and very young children advises parents to substitute a pacifier for a bottle as a preventive practice. Other contributing factors to dental decay are continuous intermitant breastfeeding, unclean teeth, and improper diet. Parents should inspect and clean the teeth regularly, take the child to the dentist and watch dietary sugar and flouride content. The accompanying poster pictures a child's mouth with severe dental caries and a warning not to put a child to bed with a bottle of milk, juice or sugar water.

0007
Check marks for good health.
(Washington, D.C.) U.S. Dept. of Health and Human Services, Public Health Service, Health Services Administration, Bureau of Community Health Services (1981). W-234. 1 poster : col. ; 56 x 44 cm. --. (NAL Call No.: RA440.55.C47 F&N AV).
Abstract: A poster shows drawings of children of different ethnic backgrounds being weighed and measured, having their teeth checked and their blood tested.

0008
Feeding skills directed and edited by Ruth Arens ; narrator Elaine Partnow.
; Arens, Ruth.~Partnow, Elaine. Los Angeles, Calif. Churchill Films University Affiliated Program, Children's Hospital, Los Angeles 1981. "Funded in part by a grant to the University Affiliated Program at Children's Hospital of Los Angeles from the Office for Maternal and Child Health, Bureau of Community Health Services, U.S. Department of Health and Human Services. ~W-135. 1 film reel (24 min.) : sd., col. ; 16 mm. + 1 sheet of instructional materials. (NAL Call No.: RJ216.F39 F&N AV).
Abstract: The feeding patterns of a variety of babies and young children (ages 2 weeks to 2 years) are described to help parents understand their children's eating habits. Normal physical and neurological changes that allow the transition to spoon and cup feeding, and then to self feeding are explained. Information on helping the child acquire feeding skills, on food preparation, on nutrition and recognition of normal development is presented.

0009
Feeding skills directed and edited by Ruth Arens ; narrator Elaine Partnow.
; Arens, Ruth.~Partnow, Elaine. Los Angeles, Calif. Churchill Films University Affiliated Program, Children's Hospital, Los Angeles 1981. W-135 ~"Funded in part by a grant to the University Affiliated Program at Children's Hospital of Los Angeles from the Office for Maternal and Child Health, Bureau of Community Health Services, U.S. Department of Health and Human Services.". 1 videocassette (24 min.) : sd., col. ; 3/4 in. + 1 sheet of instructional materials. (NAL Call No.: RJ216.F392 F&N AV).
Abstract: The feeding patterns of a variety of babies and young children (ages 2 weeks to 2 years) are described to help parents understand their children's eating habits. Normal physical and neurological changes that allow the transition to spoon and cup feeding, and then to self feeding are explained. Information on helping the child acquire feeding skills, on food preparation, on nutrition and recognition of normal development is presented.

0010
Feeding skillsyour baby's early years. Spanish.
; Arens, Ruth.~Partnow, Elaine. Los Angeles, Calif. : Churchill Films : University Affiliated Program, Children's Hospital, Los Angeles, 1981. Soundtrack in Spanish; title, credits and study guide in English.~ "Funded in part by a grant to the University Affiliated Program at Children's Hospital of Los Angeles from the Office for Maternal and Child Health, Bureau of Community Health Services, U.S Department. 1 film reel (24 min.) : sd., col. ; 16 mm. + 1 study guide. (NAL Call No.: DNAL FNC RJ216.F391 1981 F&N AV).
Abstract: Changes in the feeding patterns of babies and young children from 2 weeks-2 years are followed. Explantions of how and why babies feed as they do during the first weeks of life, and how these patterns change as infants can accept solid foods are offered. Recommendations that parents and other caregivers can use to help a child acquire proper feeding skills are given. Information on food preparation, nutritional requirements, and how to recognize normal development is also included. Suggestions for discussion with parents before and after the film is shown are provided on an accompanying guide. (kbc)

0011
Feeding your baby.
Corvallis, Or. Nutrition Graphics 1981. 1 poster : col. ; 66 x 50 cm. (NAL Call No.: RJ216.F439 F&N AV).
Abstract: Guidelines for feeding babies (from birth to 12 months) are presented in a poster. The infants' development, basic diet, and new foods are described for 5 age groups: birth to 3 months; 4 to 5 months; 6 to 7 months; 8 to 9 months; and 10 to 12 months. Also, feeding practices to avoid and home preparation of baby foods are discussed. Illustrations show a baby food grinder, a bottle, and typical baby foods. (rkm)

0012
Feeding your childPRI.
Evanston, Ill. : PRI, c1986. "8013CP"--Container label. 1 videocassette (VHS) (13 min.) : sd., col. ; 1/2 in. (NAL Call No.: DNAL Videocassette no.277 1986).
Abstract: Practical guidelines for feeding infants and young children are presented in this videocassette that is part of the Child Health Series from

Professional Research Inc. Mothers are encouraged to feed their infants by whatever means is most comfortable and convenient for them. Advantages of both breastfeeding and bottlefeeding are identified. Dietary recommendations for breastfeeding mothers, and formula preparation instructions are outlined. Advice is provided on 1) what constitutes a balanced diet for children, 2) how to feed children according to their own schedule, 3) when to introduce different types of solid foods, and 4) how to shop for and prepare commercial baby foods. Parents are advised to let children indicate when they are ready to learn new eating behaviors, and not to make an issue over problem eating habits or occassional food jags.

0013
Feeding your preschooler.
Corvallis, Or. Nutrition Graphics 1981. 1 poster : col. ; 66 x 50 cm. (NAL Call No.: RJ206.F44 F&N AV).
Abstract: Guidelines for feeding preschool children, ages 1 to 6, are presented in a poster. Recommended number of servings and serving sizes of the food in each food group are listed for 2 groups of children (ages 1 to 3, and 4 to 6). The nutritional values of each food group are described. A discussion of common feeding problems includes: children who won't try new foods; children with small appetites; and children who won't eat vegetables. (rkm)

0014
The Fetal alcohol syndrome Nutrition Today.
Annapolis, MD Nutrition Today 1981. 34 slides: col. 2 x 2 in. + 1 syllabus. (NAL Call No.: RG627.F4 F&N AV).
Abstract: Medical facts on fetal alcohol syndrome (FAS) are provided for health professionals, caregivers, and expectant mothers to help prevent the birth defects associated with this condition. Major features of FAS (brain injury, growth impairment, and facial deformities), its prognosis, and prevalence are discussed. The effect of alcohol on liver function, the portal system, and tissues is described. Consequences of alcohol consumption on placental transfer, maternal-fetal exchange, and fetal development are examined. Animal studies demonstrate the relationship between alcohol ingestion, birth defects, and severity of damage to the fetus. Further research into the prevention and treatment of FAS is critically needed. Until then, the prudent conclusion, from available medical evidence, is that alcohol consumption during pregnancy is undesirable; safe levels of consumption have not been determined. (nm)

0015
First steps : caring for the very young Screenscope.
Washington, D.C. Screenscope 1981. 1 film reel (12 min.) : sd., col. ; 16 mm. + 1 study guide. (NAL Call No.: RJ101.F5 F&N AV).
Abstract: The importance of prenatal and postnatal care to child health and development is emphasized in an animated film for expectant parents. Aspects of good prenatal care (regular medical checkups, a balanced diet, avoidance of drugs, cigarettes, and alcohol) are illustrated; the pregnant woman must learn to care for herself and her unborn baby. Bonding between mother and child begins immediately after childbirth, and is facilitated by breast feeding. Nursing provides the best source of nutrition and emotional nurturing for the newborn. Stages in the infant's growth and social development are described in relation to infant feeding, toilet training, and mental and physical stimulation. Each child develops at his own rate. The toddler's need for parental contact and praise, a safe and interesting environment, and interaction with other children, is stressed. Good child care depends on how mothers and fathers feel about parenthood as their children grow. Child care education helps parents know what to expect. (nm)

0016
The Growing uterus charts.
New York : Maternity Center Assoc., c1985. 5 slides : col. ; 5 x 5 cm. + 1 instructor's guide. (NAL Call No.: DNAL Slide no.157 F&N).
Abstract: "The Growing Uterus Chart" is a slide-set design ed as instructional material for expectant mothers. Five anatomical drawings depict the changing relationship between a woman's growing uterus and the other organs in her body. In cross-section of the female abdomen, the charts reveal the uterus at four stages of development: in a non-pregnant state, at the end of the fifth and ninth months, and at term. The viewer gets an increased awareness of the changes taking place in her body during pregnancy. An instructor's guide accompanies the slides. (ls)

0017
Guide to breast feeding.
Corvallis, Or. Nutrition Graphics 1981. 1 poster : col. ; 66 x 50 cm. (NAL Call No.: RJ216.G83 F&N AV).
Abstract: Twenty common questions about breastfeeding are answered in a poster. Questions and answers discuss: how the body makes milk; the let down reflex; preventing nipple soreness; what happens when the baby starts to teethe; and when to wean the baby. In answer to a question about the effect of breast feeding on the mother's diet, a food guide lists food groups, along with apprbpriate number of servings, and serving sizes. Colored illustrations show nutritious foods and breast feeding babies. (rkm)

0018
How to prepare a baby's bottle correctlyInfant Formula Council. --.
Atlanta, Ga. : The Council, 1983? . 16 slides : col. + 1 script + 2 brochures. (NAL Call No.: DNAL Slide no.164 F&N).
Abstract: This package contains a

five-minute script and corresponding slides, as well as brochures by the Infant Formula Council. Colorful slides present the proper preparation of infant formula for mothers who do not breast-feed or who supplement breast-feeding. The Infant Formula Council acknowledges breast-feeding as the preferred mode of infant feeding, and the script provided notes the superiority of breast milk. (ls)

0019
How to prepare a baby's bottle correctlyproducido por el Consejo de Formulas Infantiles. --. Spanish.
Atlanta, Ga. : El Consejo, 1983? . 16 slides : col. + 1 script + 2 brochures. (NAL Call No.: DNAL Slide no.165 F&N).
Abstract: This package contains a five-minute script and corresponding slides, as well as brochures by the Infant Formula Council. Colorful slides present the proper preparation of infant formula for mothers who do not breast-feed or who supplement breast-feeding. The Infant Formula Council acknowledges breast-feeding as the preferred mode of infant feeding, and the script provided notes the superiority of breast milk. (ls)

0020
Keep in harmony with nature, breast feed your baby.
(Washington, D.C. U.S. Dept. of Agriculture, Food and Nutrition Service 1983?). Sound accompaniment is in English on one side (11:50) and in Navajo on the other (24:10). 52 slides : col. + 1 sound cassette (36 min.). (NAL Call No.: RJ216.K4 F&N AV).
Abstract: An educational presentation featuring an American Indian mother enumerates the advantages of breastfeeding and offers guidelines for the nursing mother. Breastfeeding provides immunity, is inexpensive, eliminates the need for water, refrigeration, and sterilization, and is always the right temperature for baby. Body and eye contact are important for mother and baby. The composition of the first breast fluid (colostrum) and milk are discussed. Nursing techniques and feeding practices are noted. Sanitary practices are important, and comfort of the mother during the feeding period is essential. Once the milk supply is established the baby will set its own need pattern. Weight gain is a good indication that the milk supply is adequate. Seek medical advice before beginning solid foods. The mother should get adequate rest, drink at least 8 glasses of fluid a day, eat a variety of foods (the food groups are explained) and avoid overeating, alcohol, smoking, and drugs. For proper breast care the mother is advised to wear a foundation garment and avoid letting the breasts get too full. Express the milk as necessary. Tips are given for nursing in public. (kbc)

0021
Lunch time with babies.
; Silverman, Phyllis.~Jacobs, Neil.& Sharing & caring for caregivers, parents, parents-to-be, parent educators, day care directors. Ithaca, N.Y. New York State College of Human Ecology, Cornell University 1981. Produced through a grant from the New York State College of Human Ecology, Cornell University ~Includes booklet: Sharing & caring for caregivers, parents, parents-to-be, parent educators, day care directors. 1 videocassette (12 min., 55 sec.) : sd., col. ; 3/4 in. + 1 booklet (17 p. ; 23 cm.). --. (NAL Call No.: RJ216.L85 F&N AV).
Abstract: Infants' and toddlers' (aged 3-12 months) behavior at lunchtime in an infant day care center is examined. Impatience and rapid disintegration of mood characterizes behavior when hunger is evidenced. Variety in preparation techniques and food choices should start early. The gradual introduction of solid food, either pureed or mashed, is discussed along with storage of excess foods. Feeding techniques progress as infant reflexes (i.e., sucking and swallowing) mature. Portion sizes and proper use of equipment are stressed as well as the presence of adults at meals when children advance to solid foods (around 9-12 months and thereafter). It is recommended that bottles be given after older children have had solid foods to encourage their consumption of Foods (either new or accustomed). (kbc)

0022
A Moveable feasta film about breastfeeding /produced by Asterisk Film and Videotape Productions Ltd.
Evanston, Ill. : Journal Films, Inc., 1981. 1 film reel (27 min.) : sd., col. ; 16 mm. + teacher's guide. (NAL Call No.: DNAL FNC RJ216.M68 F&N AV).
Abstract: Common breastfeeding myths, questions, problems and concerns are discussed in this film. Dramatization, live action, animation, and documentary footage explain in a non-technical manner the mechanisms which produce milk in the mother, as well as techniques and benefits of breastfeeding. Breast soreness; costs associated with breastfeeding; the advantages of breast milk versus formula; increased incidence of mothers choosing to breastfeed; and societal/peer influence on the mother who breastfeeds, are discussed in an informal but informative manner. (kbc)

0023
New baby carePRI presents ; producer, Esther Altschul ; director, Bruce Colling. --.
Evanston, Il. : Professional Research, 1984. Title from container.~ Intended audience: Senior high school students through adults.~ Issued also as super 8 mm. and as videorecording. 1 film reel (18 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.31 F&N).
Abstract: New Baby Care is a film designed for new mothers to help provide the best conditions possible for her new

infant. Basic skills such as proper ways to hold the baby, breast feed, prepare the bottle, and care for the baby are presented. The mother's emotions are examined, including ways to best deal with postnatal depression. Proper medical attention for the infant is stressed, including vaccinations, and ways to maintain the optimal infant health and development are discussed. (ls)

0024
No better gift Society for Nutrition Education.
; Cotterman, Sandra.~ You're in charge.& You're in charge. Oakland, Calif. Society for Nutrition Education 1984. Accompanying guide entitled: You're in charge: nutrition educaton for preschool children by Sandra Cotterman. 1 film reel (22 min.) : sd., col. ; 16 mm. + 1 guide (16 p.). (NAL Call No.: TX361.C5N58 F&N AV).
Abstract: A film directed toward parents of preschool children looks at the development of children 1 to 5 years of age and how food aids in the maturation process as well as the contribution it makes to health. Explanations are given for food jags, irregular preference habits, independent/dependent behavior in regard to foods, and feeding at different times, and unpredictable likes and dislikes. Emphasis is placed on the need for a comfortable environment, child-sized eating utensils, the need for a variety of nutritious foods and the role food plays in the development of: motor skills; ability to discern textures, colors and flavors; and language skills. Guidelines are given for: introducing new foods to the child, snacking, meeting nutritional needs, eating at fast food restaurants, and using food for teaching about other cultures. A supplemental guide accompanying the film is provided. (emc)

0025
No better giftnutrition for preschool children /Society for Nutrition Education.
; Cotterman, Sandra. Oakland, Calif. : Society for Nutrition Education, 1984. VHS.~ Accompanying booklet entitled: You're in charge: nutrition education for preschool children by Sandra Cotterman. 1 videocassette (22 min.) : sd., col. ; 1/2 in. + leader's guide (14 p.) + booklet (16 p.). (NAL Call No.: DNAL FNC TX361.C5N58 F&N AV).
Abstract: A film directed toward parents of preschool children looks at the development of children 1 to 5 years of age and how food aids in the maturation process as well as the contribution it makes to health. Explanations are given for food jags, irregular preference habits, independent/dependent behavior in regard to foods, and feeding at different times, and unpredictable likes and dislikes. Emphasis is placed on the need for a comfortable environment, child-sized eating utensils, the need for a variety of nutritious foods and the role food plays in the development of: motor skills; ability to discern textures, colors and flavors; and language skills. Guidelines are given for: introducing new foods to the child, snacking, meeting nutritional needs, eating at fast food restaurants, and using food for teaching about other cultures. A supplemental guide accompanying the film is provided. (emc)

0026
Nourishing and nurturing two year oldsprepared by Hannah Dusto and Penny Spingham. --.
; Dusto, Hannah.-Spingham, Penny. Ithaca, N.Y. : Cornell University, Distribution Center, 1982. Title from data sheet.~ Intended audience: Adult. 20 slides : col. + 1 leader's guide + 1 script + instructional materials. (NAL Call No.: DNAL Slide no.108 F&N).
Abstract: A color slide-based instructional program with accompanying study literature for parents and care-givers of 2-year-old children. The slide presentation depicts the characteristics of 2-year-old children with respect to good behavior and eating habits. Six serial publications discuss various aspects of the proper feeding of 2-year-olds (e.g.: the anatomy of 2-year-olds; nutritional needs for growth; food preferences and nutritional norms; do's and dont's in creating the proper physical, social, and emotional environment; and techniques for making eating fun); a learner's guide covering the publication; and a packet of 14 supplementary materials covering nutrition and feeding conce pts are all included. (wz)

0027
Nursing, a family affairCase Western Reserve University ; producer, Patricia Rambasek ; director, Arden Wilfong. --.
Evanston, IL : Perennial Education, 1983. Title from data sheet.~ Intended audience: Adults. 1 film reel (28 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.84 F&N).
Abstract: Nursing : A family Affair is designed to educate the new mother or mother-to-be on the subject of breast feeding. The film is based on interviews of parents with babies and small children, and examines their viewpoints regarding nursing the baby. In addition, breast physiology and function are examined, with regard to milk production. Instructions are given for proper breast and nipple care, as well as proper holding and feeding techniques for the infant. (ls)

0028
Nutrition for the newborn authors Jacqueline Troutman, Jean Schultheisse ; consultants Patricia Wilhite, Linda Vickers.
; Troutman, Jacqueline.~Schultheisse, Jean. Malibu, Calif. The Polished Apple 1983. Sound accompaniment compatible with manual and automatic operation ~Intended for new parents, parents-to-be, and junior and senior high school home economists and health education students. 3 filmstrips (221 fr.) : col. ; 35 mm. + 3 sound cassettes

(43 min.) + 1 program guide. (NAL Call No.: RJ216.N777 F&N AV).
Abstract: All aspects of feeding a baby (breastfeeding, formula feeding and supplemental foods) are discussed in a 3 part series. Part 1 discusses the advantages and disadvantages of breast-feeding and the mother's role. Part 2 considers the adequacy of commercial and cow's milk formulas and provides information on their selection, preparation, and storage. Part 3 discusses additional foods an infant requires beyond either breast milk or formula. Discussion covers the methods and schedules for introducing foods during the first year. The program is designed to help parents feel comfortable with their decisions on feeding their infant. (kbc)

0029
Nutrition guide for pregnant women.
Corvallis, Or. Nutrition Graphics 1981. 1 poster : col. ; 66 x 50 cm. (NAL Call No.: RG559.N77 F&N AV).
Abstract: An eating guide for pregnant women presents the 4 food groups and selections within the groups in a poster format. Serving sizes and amounts are listed for food items. General recommendations for a healthy diet are described. Additional needs (salt, liquid, exercise), foods to avoid, and empty calorie foods are mentioned. Graphics include illustrations of foods from the food groups. (rkm)

0030
Nutritional management of high-risk pregnancy SNE.
Berkeley, Calif. Society for Nutrition Education 1981. Includes reference manual and leader's guide. 1 film reel (21 min.) : sd., col. ; 16 mm. (NAL Call No.: TX361.P7N89 F&N AV).
Abstract: Nutritional services offered by 3 clinics for adolescent, diabetic, or pre-eclamptic pregnant women are described. Weight gains, dieting and good nutrition are discussed in normal and abnormal conditions. Adolescents are still growing and maturing; this and poor eating habits can endanger the health of mother and fetus. Diabetes in pregnancy has resulted in high perinatal mortality rates, but today, these rates have decreased dramatically. Patient education and support are vital to successful pregnancies for gestational and insulin dependent diabetics. Diet controlled blood glucose levels are monitored carefully by the patient and health team, which includes a registered dietitian. Causes of pre-eclampsia, or toxemia of pregnancy, are still not understood, although proteinuria, hypertension and edema are involved. Diuretics and sodium restrictions are not advised in any pregnancy, since they restrict the flow of blood through the placenta. Limiting physical activity and providing sound nutritional support are the best treatments. (cj)

0031
Nutritional management of high-risk pregnancy SNE.
Berkeley, Calif. Society for Nutrition Education 1981. Includes reference manual, and leader's guide. 1 videocassette (21 min.) : sd., col. ; 3/4 in. (NAL Call No.: TX361.P7N89 F&N AV).
Abstract: Nutritional services offered by 3 clinics for adolescent, diabetic, or pre-eclamptic pregnant women are described. Weight gains, dieting and good nutrition are discussed in normal and abnormal conditions. Adolescents are still growing and maturing; this and poor eating habits can endanger the health of mother and fetus. Diabetes in pregnancy has resulted in high perinatal mortality rates, but today, these rates have decreased dramatically. Patient education and support are vital to successful pregnancies for gestational and insulin dependent diabetics. Diet controlled blood glucose levels are monitored carefully by the patient and health team, which includes a registered dietitian. Causes of pre-eclampsia, or toxemia of pregnancy, are still not understood, although proteinuria, hypertension and edema are involved. Diuretics and sodium restrictions are not advised in any pregnancy, since they restrict the flow of blood through the placenta. Limiting physical activity and providing sound nutritional support are the best treatments. (cj)

0032
Outside my momthe story of a breast-fed baby /presented by March of Dimes. --. White Plains, N.Y. : March of Dimes Birth Defects Foundation, 1983? . 80 slides : col. + 1 sound cassette + 1 teachers guide. (NAL Call No.: DNAL Slide no.123 F&N).
Abstract: "Outside My Mom" is the story of a breast-fed baby, "narrated" by the infant. The infant shares his experiences with the audience, describing his birth and how he and his mother adjust to their new life together. Together with his friends, they discuss issues regarding breast-feeding and resolve some of the problems associated with lactation and nursing. This whimsical presentation emphasizes the positive qualities of the closeness which develops between an infant and mother, and regards breast-feeding as a pleasurable experience. The program is available in slides or a filmstrip, and is accompanied by a handout and teacher's guide. (ls)

0033
Outside my momthe story of a breast-fed baby /presented by March of Dimes. --. White Plains, N.Y. : March of Dimes Birth Defects Foundation, 1983? . 1 filmstrip (80 fr.) : col. ; 8 mm. + 1 teaching guide. (NAL Call No.: DNAL Filmstrip no.37 F&N).
Abstract: "Outside My Mom" is the story of a breast-fed baby, "narrated" by the infant. The infant shares his experiences with the audience,

describing his birth and how he and his mother adjust to their new life together. Together with his friends, they discuss issues regarding breast-feeding and resolve some of the problems associated with lactation and nursing. This whimsical presentation emphasizes the positive qualities of the closeness which develops between an infant and mother, and regards breast-feeding as a pleasurable experience. The program is available in slides or a filmstrip, and is accompanied by a handout and teacher's guide. (ls)

0034
Pregnancy on the rocksF.A.S. Productions and Peter Glaws Productions. --.
; Jones, Kenneth Lyons. Coronado, CA : F.A.S. Productions : Peter Glaws Productions ; Long Beach, CA : Southerby Productions distributor , 1983.
Intended audience: Ages 14 through adults.~ Issued also as videorecording.
1 film reel (25 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.54 F&N).
Abstract: "Pregnancy on the Rocks" is a documentary film regarding the detrimental effects of drinking during pregnancy. This film explores the fetal alcohol syndrome, its causes, symptoms, and latest findings. The severity of the disease and the importance of proper maternal care are presented with the intention of educating expectant mothers with drinking problems. (ls)

0035
The Special journeypresented by the Infant Formula Council.
New York : The Glyn Group, Inc., c1984.
1 film reel (22 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL FNC RG973.S66 F&N AV).
Abstract: Six women discuss how they handle specific decisions they faced regarding motherhood. This live action film follows these women as each one explains the problems she faced, for example: 1) Should I breastfeed? 2) Should I get pregnant and jeopardize the sight in 1 eye because of an existing tumor? 3) How should the responsibility for the baby be shared between me and my husband? 4) Will pregnancy and childbirth change the intimacy that exists between my partner and I? 5) Should I have the baby or have an abortion? 6) Will I be able to fully care for the baby and be responsible for this child? These are questions most women must face as they consider the responsibilities of motherhood. (kbc)

0036
Substance abuseUSDA and DHHS. --.
Washington, D.C. : USDA : ARI-GEM Duplications, 1985? . "VHS-SP."~ "Part 1.". 1 videocassette (57 min., 48 sec.) : sd., col. ; 1/2 in. --. (NAL Call No.: DNAL Videocassette no.50 F&N).
Abstract: Experts from the U.S. Department of Agriculture and the Department of Health and Human Services discuss maternal-fetal placental transfer of nutrients and other substances. Commonly abused substances, such as caffeine, tobacco, and alcohol are the primary consideration of this teleconference. Fetal alcohol syndrome, low birthweight, and other problematic effects are among the topics covered. Special emphasis is given to methods of patient counseling and how to alleviate the problem of substance abuse among pregnant women. There was also a question and answer session in which pertinent issues were discussed. (ls)

0037
The Superbaby parenting kit developed by June Engel ; produced by International Cinemedia Center Ltd. and Avantage Productions, Inc.
; Engel, June.& Superbaby~ (filmstrip).~Pregnant moments~ (sound recording). Highland Park, Ill. Perennial Education c1981. Title from container and teacher's guide ~Title on filmstrip and accompanying cassette: Superbaby ~Title on second cassette: Pregnant moments ~Cassette accompanying filmstrip compatible with manual and automatic operation. 1 filmstrip (79 fr.) 2 sound cassettes (18 min.), 10 activity sheets, 2 posters, 1 teacher's guide, in container ; 33 x 24 x 7 cm. (NAL Call No.: RJ253.S86 F&N AV).
Abstract: A teaching kit designed to guide parents in the health of their infants is presented. The 6 objectives of the unit are 1) to increase knowledge and skills of parents, 2) to increase birth of heathy babies; 3) to reduce the number of defective or handicapped children, 4) to impress upon young people the life long responsibilities associated with having children, 5) to encourage people to be responsible for their own health management, and 6) to identify support systems for pregnant women. In addition to the filmstrip, the kit includes an audiotape called "Pregnant Moments", which discusses experiences these women are having during pregnancy. The 2 wall charts are called "Time and Growth Chart for a Superbaby", and "Making a healthy baby." (kbc)

0038
Teen pregnancy produced by Kuona, Ltd.
Atlanta, Ga. Kuona, Ltd. (1981?). NET funded ~Produced for Dept. of Community Nutrition, Georgia State University. 32 slides : col. + 1 sound cassette (2 min., 30 sec.). --. (NAL Call No.: TX361.P7T4 F&N AV).
Abstract: An audiovisual program emphasizes the pregnant teens's need for additional energy, B vitamins, calcium and vitamin D for her own and the baby's growth. Increased daily intakes of meat, milk, and nutritious snacks as well as an iron supplement are recommended. Encouragement and involvement in meal planning and preparation are vital for a teen who may have a poor self image. The fact sheet reinforces these points and makes suggestions of substitutions for often-refused foods and adaptations of the USDA meal pattern necessary for a pregnant adolescent. (js)

0039
The Teenage pregnancy experience Courter Films & Associates ; (producers) Philip and Gay Courter.
Crystal River, Fla. Parenting Pictures 1981. Issued also in super 8 mm. and as videorecording. 1 film reel (26 min.) : sd., col. ; 16 mm. + 1 teacher's guide + 1 poster. --. (NAL Call No.: HQ759.4.T4 F&N AV).
Pregnant teens have special needs; they must consider their own growth and psychological requirements, as well as those of the fetus. Discussions center on preparing for birth and parenthood, options for pregnant adolescents, pregnancy, labor and delivery, sexuality, birth control, parenting and adoption. All participants are enrolled in an expectant parent program. While abortion is mentioned, it is no longer considered an option for these girls. A birth scene, breastfeeding, and diapering are shown. Realistic situations are depicted that can be used with teen groups or in professional training programs. (kbc)

0040
Teenage pregnancychallenges and choices. --.
Arvada , Colo. : Educational Graphic Aids, c1982. A Teaching program by EGA.- Catalog no. 350. 80 slides : col. + 1 sound cassette (15 min. : 1 7/8 ips., mono.) + 1 teacher's guide. (NAL Call No.: DNAL Slide no.154 F&N).
Abstract: This slide-cassette presentation is designed for teenage expectant mothers. It shows a group of pregnant teenagers discussing their problems, fears, and hopes regarding their predicament. The program explains to the viewer that a teenage parent faces many special challenges, and that the choices she makes will affect her and her baby for the rest of their lives. Eating right during pregnancy, finishing school, and whether or not to give up the baby are a few of the topics examined. A leader's guide accompanies the program. (ls)

0041
Teens having babies Polymorph Films.
Boston, Mass. Polymorph Films 1983. Intended audience: Ages 12-18. 1 film reel (20 min.) : sd., col. ; 16 mm. (NAL Call No.: RG556.5.T44 F&N AV).
Abstract: Information and guidance are offered to help teenagers understand bodily changes during pregnancy and fetal growth and development. Topics discussed include: obtaining prenatal care, recognizing physical changes that occur during pregnancy and adjusting to them, understanding nutritional needs, coping with relationships, and preparing for delivery (prenatal delivery classes for mother and partner are shown). A birth sequence is included. (kbc)

0042
Weight, nutrition, and exercise during pregnancy.
Evanston, Ill. : Professional Research, Inc., c1986. Label title: Weight, nutrition, exercise during pregnancy.- "105iEP"--Label. 1 videocassette (U-matic) (14 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL Videocassette no.248 1986 F&N).
Abstract: Nutrition and exercise guielines for a successful pregnancy are examined in this videotape. Physiological changes that take place during pregnancy (breast, uterus, blood volume) are described. The importance of a nutritious diet is emphas'zed. The following nutrients are discussed in detail: protein, carbohydrate, calcium, iron, folic acid, zinc, and fluids. The composition of the average weight gain during pregnancy is described; weight reduction is strongly discouraged for all pregnant women. Suggestions are provided for meeting the infant's nutrient needs during the 1st three months of rapid growth while controlling dietary fat, sodium, and sugar.- Smoking, alcoholic beverages, and caffeine are advised against during pregnancy. Exercise provides relief from some problems commonly encountered by pregnant women (backache, poor circulation, fatigue, constipation, stress). Exercises specifically recommended for pregnancy--pelvic tilt, "wall" push-ups, and cat scratch-- are demonstrated.

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II. BOOKS AND PRINT MATERIALS

0001
Alcohol & pregnancy why they don't mix / written by Lucy Barry Robe .
Robe, Lucy Barry. Chicago, Ill. : American Medical Association, c1984. Cover title. 15 p. : ill. ; 22 cm. (NAL Call No.: DNAL RG580.D76R6).
Abstract: This brochure from the American Medical Association (AMA) attempts to educate women of childbearing age about the effects of alchohol on the unborn child. Every time a pregnant woman consumes alcoholic beverages, the alcohol passes across the pla centa to the fetus, reaching its bloodstream in the same concentration as that of the mother. This fetal alcohol consumption causes such teratogenic effects as growth and developmental impairments, which result (in part) from low nutrient intake. Other topics discussed are as follows: Fetal alcohol syndrome--its causes, symptoms, and effects; miscarriages and stillbirths; effects of moderate drinking on fetuses; fetal damage during the first, second, and third trimesters of pregnancy; myths about alcohol and pregnancy; and patient/doctor relationships. To prevent fetal birth defects, the Surgeon General, the AMA, government agencies, and private organizations concerned with alcohol abuse advise pregnant women not to drink alcoholic beverages.

0002
Are you hungry? a completely new approach to raising children free of food and weight problems /Jane R. Hirschmann, Lela Zaphiropoulos. --.
Hirschmann, Jane R., 1946-. ; Zaphiropoulos, Lela.; 1941-. New York : Random House, c1985. xii, 162 p. ; 24 cm. Bibliography: p. 161-162. (NAL Call No.: DNAL RJ206.H53 1985).
Abstract: To raise a child free of food and weight problems is the objective of the psychotherapist authors who specialize in the treatment of eating problems. Geared to the average child with no medical problems, the approach taken is that of self-demand feeding: children should eat only when they are hungry and stop eating when they are full, from infancy to adolescence. This approach, to discourage obsessions and excesses associated with food, proceeds from the idea that the body is self-regulatory and that children making their own decisions about feeding are open to sound nutrition information. Detailed explanations with step-by-step guides, application to age groups from birth to adolescence, and eating disorders plus certain medical difficulties influencing eating as related to self-demand feeding are the major topic areas covered. A bibliography is included. (jdb)

0003
At this very special time in your life. --.
Calif.? : Dairy Council of California ; Chicago, Ill.? : Distributed by National Dairy Council, c1983. Cover title.- One folded leaf of plates inserted. 12, 1 p. : ill. ; 28 cm. (NAL Call No.: DNAL RG559.A85).
Abstract: Guidelines for the development of a daily food pattern that provides all the nutrients needed by pregnant and breastfeeding women are provided in this illustrated booklet from the Dairy Council of California. Objectives include 1) identifying present eating habits, 2) choosing foods that need to be added to the eating plan, and 3) determining how to manage foods that are low in nutrients. A food group chart shows the major food groups, nutrients they provide, foods incliuded in each, and the recommended number of daily servings of each for pregnant and nursing teens and adult women. Space is provided for a personalized food plan based on booklet recommendations. Step-by-step examples are included for recording daily food intake, making changes in food choices to improve nutritional content of the diet, and deciding on appropriate quantities of "extras" (i.e. fat, sugar, salt, alcohol) in the diet. Considerations are offered for implementing the new daily food pattern. Nutrition tips are given for a healthy pregnancy, to help alleviate pregnancy-related discomforts (nausea, constipation) for breastfeeding, and for non-breastfeeding women following delivery. Common serving sizes are provided for selected foods in the major food groups. (aje)

0004
The baby cookbook a complete guide to nutrition, feeding, and cooking for babies six months to two years of age /Karin Knight and Jeannie Lumley.
Knight, Karin. ; Lumley, Jeannie. New York : Quill, c1985. Includes indexes. 302 p. ; 24 cm. Bibliography: p. 287 -288. (NAL Call No.: DNAL TX740.K59 1985).
Abstract: Written to be a complete guide to nutrition, cooking, and feeding for babies 6 months to 2 years of age, this book contains a summary of basic nutrition facts and how to translate them into meals for the baby. Vitamins, minerals, fats, proteins, carbohydrates, fiber, sugar, salt, allergies, and milk are nutrient topics illustrated with tables. When to introduce solids is presented with age/food type relationships, along with homemade food preparation methods. Age-related menus plus several recipes that the whole family can share are featured, enhanced by real-life situations in feeding.

0005
Baby's first helpings : super-healthy meals for super-healthy kids / by Chris Casson Madden ; with a foreword by Robert M. Giller and a preface by Mary Ellen. -.
Madden, Chris Casson. Garden City, N.Y. Mary Ellen family books/Doubleday c1983. "A Mary Ellen family book"--Cover. 159 p. : ill. ; 22 cm. Bibliography: p. 159. (NAL Call No.: RJ216.M39 1983 F&N C-2694).
Abstract: Nutritional information, advice, and over 100 easy-to-follow recipes provide guidelines for assisting

mothers in weaning their infants to nutritious solid foods. The guidelines are based on current knowledge of sensible and sound nutritional feeding of babies through toddler-hood. Information is discussed on the hazards of food additives, excessive current intakes of sugar and salt, and the relationship of diet to cancer. Recipes are grouped under: basic foods for the babies diet; snacks; dinners; side-dishes; special treats; and the use of meal leftovers. Information on nutrients and on enery recommendations for healthy children is appended. (wz)

0006
Baby's 1st yearsteps to good nutrition. --.
Oakland, Calif. : Safeway Stores, Inc. , c1984. 1 folded sheet (8 p.) : ill. ; 21 x 9 cm. --. (NAL Call No.: DNAL RJ216.B32).
Abstract: The nutritional needs of infants from birth through one year of age are considered in this brochure developed as part of Safeway's Nutrition Awareness Program. Developmental characteristics, recommmended foods, and suggested daily meal plans are presented to infants 1) from birth to 4 months, 2) 5-6 months, 3) 7-8 months, 4) 9 months, 5) 10-12 months, and 6) one year of age. The role of good nutrition in optimal growth and development during the first year of life is discussed, and the importance of considering individual needs in the introducing of new foods and feeding skills in emphasized. Questions and answers are provided on 1) nutritional differences between breast and bottle feeding, 2) feeding schedules, 3) introducing whole milk and cereal to infants, and 4) preparing baby foods at home. A recipe is provided for frozen fruit bars, a soothing treat for teething infants. (aje)

0007
The Best of both worldsa guide for the working breast-feeding mother. --.
Columbus, Ohio : Ross Laboratories, 1984. 12 p. : col. ill. ; 18 cm. (NAL Call No.: DNAL RJ216.B4).
Abstract: Information and suggestions were provided for breast feeding mothers who are returning to work, but want to continue breast feeding. This 13 page booklet, produced by Ross Laboratories, is designed for women who already know the basics of breast feeding. Topics include: deciding when to return to work, child care arrangements; what the baby should be fed while the mother is at work; how to express milk preparing to return to work, breast feeding after returning to work; and how to maintain strength while working and breast feeding.

0008
Breast feeding /prepared as a public service by the American Academy of Pediatrics ; in cooperation with: U.S. Department of Health and Human Services, Division of Maternal and Child Health ... et al. .
Elk Grove Village, IL : The Academy, 1984. Cover title: A gift of love.~ On title page: U.S. Dept. of Agriculture, Food and Nutrition Service. 24 p. : ill. ; 23 cm. Bibliography: p. 25 . (NAL Call No.: DNAL RJ216.B7).
Abstract: Guidelines and practical suggestions for breast feeding a new baby are provided in this booklet from the American Academy of Pediatrics. The advantages of breast feeding are outlined and some popular misconceptions about breast feeding are identified. The production of breast milk is explained. Guidelines ar provided for 1) preparing the breasts for breast feeding, 2) getting started with breast feeding, 3) nursing the infant (positioning the infant, frequency of feeding, length of each nursing occasion), 4) burping the baby, and 5) weaning the infant. Step-by-step instructions are provided for manually expressing milk from the breast and for coping with hard and swollen breasts. A food guide that nursing mothers can use in menu planning outlines the appropriate number of daily servings of different food groups.~ Answers to some commonly asked questions examine the problems of milk leaking, nipple pain, engorgement, and inverted nipples; special considerations (prematurity, Caesarean section, twins and triplets) in breast feeding are discussed.

0009
Breast-feeding and natural child spacing : the ecology of natural mothering / Sheila Kippley ; drawings by Gigi Nealon. -.
Kippley, Sheila. New York Penguin Books (1982, c1974). xix, 197 p. : ill. ; 19 cm. Includes bibliographical references and index. (NAL Call No.: RJ216.K49 1982 F&N C-2541).
Abstract: Biological research studies that document new biochemical, anti-infective, emotional, and economic advantages of human milk are presented. The benefits of breastfeeing are enumerated and the side effect of child spacing is discussed. Breastfeeding is an interpersonal experience shared between mother and child which can provide emotional satisfaction for the mother. Topics covered include: baby's sucking needs; new light on night feedings; pacification; establishing feeding schedules, sitters and social life; weaning and the return of fertility; and nursing older children. Survey results on the relationship between breastfeeding and amenorrhea are included. (kbc)

0010
Breast feeding, how to succeed : questions and answers for mothers / Derek Llewellyn-Jones. -.
Llewellyn-Jones, Derek. London Boston Faber and Faber 1983. Includes index. 188 p. : ill. ; 21 cm. Bibliography: p. (171)-175. (NAL Call No.: RJ216.L6 F&N B-3543).
Abstract: The mechanics and techniques of breastfeeding are described for mothers and the most frequently asked questions concerning breastfeeding are

answered. Breast milk provides all the nutrients a baby requires to grow and breastfeeding fosters the natural bonding between mother and infant. Topics explored include: stretch marks, donor milk, breast pumps, breastfeeding, use of contraceptives and drugs. Illustrations are designed to encourage mothers to try breastfeeding. (kbc)

0011
Breast-feeding your baby / revised and expanded by Marsha Walker, Jeanne Watson Driscoll for the Nursing Mothers' Council of the Boston Association for Childbirth Education. -.
Walker, Marsha. ; Driscoll, Jeanne Watson. Wayne, N.J. Avery Publishing Group c1981. First edition edited and compiled by Paulette McLarney and Ilga Wohlrab, 1978 -Includes index. iv, 60 p. : ill. ; 26 cm. Bibliography: p. 59. (NAL Call No.: RJ216.W3 1981 F&N C-2552).
Abstract: Counseling is offered with an emphasis on avoiding common problems which cause mothers to lessen the frequency of, or discontinue, breastfeeding. Information is presented to help mothers confidently manage their breastfeeding experience. Questions are answered and step-by-step instructions are provided. Topics include: nursing after a Caesarean delivery, nursing and working, the slow-gaining baby, jaundice, and support systems. Tips are offered for fathers and grandparents. (kbc)

0012
Breast is best : a commonsense approach to breastfeeding / by Penny and Andrew Stanway. -.
Stanway, Penny. ; Stanway, Andrew. Milwaukee, Wis. American Baby Books (1982), c1978. Includes index. 152 p. : ill. ; 23 cm. Bibliography: p. 146. (NAL Call No.: RJ216.S69 1982 F&N C-2546).
Abstract: Common breastfeeding problems (swollen breasts, tender nipples, and blocked ducts) are discussed and practical solutions are offered. Mothers are assured that a baby's cry is usually a sign that it is hungry and nothing more unless it won't suckle. Topics discussed include: breastfeeding and sex, the father's role as a member of the nursing team, feeding the older baby, special medical problems (baby ill, jaundiced, clef lip/palate, handicapped, failure to thrive, ill mother), the working mother, feeding day-by-day, and taking care of yourself. Information is presented that supports the theory that breast milk is beneficial for baby. (kbc)

0013
Breastfeeding / text by Janice Presser and Gail Sforza Brewer ; photographs by Julianna FreeHand. -.
Presser, Janice, 1946-. ; Brewer, Gail Sforza.~FreeHand, Julianna,~ 1941-. New York Knopf Distributed by Random House 1983. Includes index. 146 p. : ill. ; 25 cm. Bibliography: p. 141. (NAL Call No.: RJ216.P6 1983 F&N C-2560).
Abstract: A practical guide for the breastfeeding mother is extensively illustrated. The entire breastfeeding cycle (from pregnancy through weaning) is described and photographs show every aspect of nursing. Practical solutions to specific problems are offered. Informative photographs provide medical details, inspiration, and encouragement. Techniques to use when feeding twins are demonstrated. (kbc)

0014
Breastfeeding basics : easy-to-read, easy-to-use directions for the breastfeeding mother / Cecilia Worth ; introduction by Elizabeth Bing ; illustrations by Kathleen L. Anderson and Judith MacLaughlin. -.
Worth, Cecilia. New York McGraw-Hill c1983. xii, 106 p. : ill. ; 21 cm. --. Bibliography: p. 105-106. (NAL Call No.: RJ216.W64 F&N C-2561).
Abstract: Ways to breastfeed are provided for mothers. Advice includes: how to prepare for breastfeeding and get started, and how to cope with problems (afterbirth pains, nipple problems, working at night, and baby's sleepiness and fussiness). Illustrations are candid and reinforce the materials presented; the print is large. (kbc)

0015
The breastfeeding book / Maire Messenger ; photographs by Sandra Lousada. -.
Messenger, Maire. New York Van Nostrand Reinhold (1982). Includes index. 128 p. : ill. ; 23 cm. Bibliography: p. 126. (NAL Call No.: RJ216.M49 F&N C-2527).
Abstract: Breastfeeding advice based on common sense is provided for new mothers to dispel any notions of rigid rules, mysteries, or taboos associated with breastfeeding. It is suggested that help can be obtained from relatives, friends, lay organizations, and milk banks; planning ahead is necessary for working mothers. The issues covered concern: making the decision to breastfeed; how the body makes milk; preparation for feeding, the baby's arrival and homecoming; infant growth; work and traveling; and weaning. A major discussion covers preparing the nipples for breastfeeding and the physiological response mechanism which stimulates release of milk. (kbc)

0016
The breastfeeding guide for the working woman / Anne Price & Nancy Bamford ; (foreword by Lynn Redgrave). -.
Price, Anne. ; Bamford, Nancy. New York Simon & Schuster 1983. "A Wallaby book.". 144 p. : ill. ; 24 cm. Includes bibliographical references and index. (NAL Call No.: RJ216.P72 F&N C-2700).
Abstract: An illustrated guide discusses breastfeeding for working women. Seven chapters cover topics such as the advantages and benefits of breastfeeding, how to breastfeed, preparing to return to work, handling and storing breast milk, problems, mothering, and babies in the workplace. Information is based on the experiences of women, who have successfully breastfed and worked simultaneously.

Photographs illustrate concepts along with drawings that show techniques for the manual expression of breast milk. (kbc)

0017
The Brewer medical diet for normal and high-risk pregnancy a leading obstetrician's guide to every stage of pregnancy /Gail Sforza Brewer with Thomas H. Brewer. --.
Brewer, Gail Sforza. ; Brewer, Thomas H. New York : Simon and Schuster, c1983. "A Fireside book."~ Includes index. x, 244 p. ; 24 cm. Bibliography: p. 225-235. (NAL Call No.: DNAL FNC RG559.B69 F&N B-3940).
Abstract: An authoritative text for expectant mothers details a nutritional management program that covers the various stages of pre- and post-pregnancy from conception to infant weaning, focusing on a series of medical consultations that an expectant mother would undergo under the Brewer diet program for prenatal care and childbirth. Included are detailed discussions on: optimum nutrition practice in pregnancy; the Brewer diet program for pregnancy; vegetarian pregnancy diets; special supplements to the basic Brewer diet (including a personal nutrition profile questionnaire to assess high-risk pregnancy); a discussion of a variety of situations most likely to interfere with the maternal diet plan; and special nutrition needs for specific high-risk situations in pregnancy. A technical bibliography for prospective parents and health professionals is appended. Question and answer sections are included at the end of each chapter. (wz)pregnancy.

0018
Caffeine and pregnancy.
Rockville, Md. (5600 Fishers Lane, Rockville, Md. 20857) U.S. Dept. of Health and Human Services, Public Health Service, Food and Drug Administration, Office of Public Affairs (1981?). (3) p. ; 22 X 10 cm. --. (NAL Call No.: RG580.D76C33 F&N W-55).
Abstract: The rationale for discouraging use of caffiene-containing products during pregnancy is explained. Sources of caffeine, its effects on the central nervous system, and maternal-fetal exchange are described. Caffeine content (in mgs.) of selected food products, prescription and non-prescription drugs is listed. (js)

0019
Calcium.
United States? : s.n. , 1981. In English, Cambodian, Chinese, Laotian, Vietnamese.~ Cover title.~ "9/81.". 4 v. (loose-leaf) : ill. ; 28 cm. (NAL Call No.: DNAL TX553.M55C3).
Abstract: The importance of daily consumption of calcium-rich foods handout. Calcium is needed to build strong bones and teeth in growing infants and children. Foods high in calcium (i.e. milk, yogurt, cheese, custard, ice cream, green leafy vegetables, dry beans, canned fish with edible bones) are identified. Recommended daily quantities of milk and milk products and other calcium sources are given for adults and children; infants; teenagers; and pregnant or nursing women. Handouts are available in Vietnamese, Laotian, Cambodian, and Chinese. Each is written in a two-language format, with the major language and English printed side-by-side.

0020
Child of mine : feeding with love and good sense / Ellyn Satter. -.
Satter, Ellyn. Palo Alto, Calif. Bull Pub. Co. New York Distributed in the U.S. by Kampmann c1983. 422 p. : ill. ; 18 cm. Includes bibliographies and index. (NAL Call No.: RJ206.S3 F&N B-3446).
Abstract: Advice is presented for mothers concerning a moderate and wholesome diet, and guidelines to solving some of the nutritional problems of childhood. The material is designed to serve as a handbook and guide covering the 4-year period from pregnancy through the toddler period (roughly, age 3). Problems addressed cover: selecting food for the child that is developmentally and nutritionally appropriate; feeding the mother in a manner to produce a healthy baby and provide sufficient breast milk; preventing obesity; and reducing the inevitable difficulties of feeding the child in the toddler period. Topics include: nutrition for pregnancy; breastfeeding and bottle feeding; introducing solid foods; and special issues (diarrhea; food intake regulation; obesity). Dietary allowances, weight tables, and nutrient contents of foods are given in appendices. (wz)

0021
The complete new guide to preparing baby foods / Sue Castle. -.
Castle, Sue. Toronto New York Bantam Books 1983, c1981. Reprint of 1981 edition by Doubleday -Includes index. xxiii, 327 p. : ill. ; 18 cm. Bibliography: p. 307-309. (NAL Call No.: RJ216.C35 1983 F&N C-2582).
Abstract: Over 100 low-cost, high nutrition foods and recipes are provided in a guide on preparing baby foods. Food ingredients and their relationship to specific nutritional needs of infants are described. Lists of inexpensive nutritionally valuable foods are included. Since no 2 children are alike parents should check with their child's pediatrician when changing foods or introducing solid foods. Suggestions are given on how to introduce solid foods (facial expressions are important); what to do when the child lacks an appetite; and how to feed baby away from home. (kbc)

0022
Cooking for your baby the natural way /Laraine Toms. --.
Toms, Laraine. New York : Sterling Pub. Co., 1984. Includes index. 128 p. : ill. ; 23 cm. (NAL Call No.: DNAL TX740.T65 1984).
Abstract: The basics of making baby food are presented in this guide for parents who want to ensure that their children are given nutritious foods throughout their infancy. Emphasis is placed on preparing baby's food from family meals when possible to save money as well as time and effort. Basic equipment needed to prepare and store baby food include a blender, food processor, steamer basket, strainer, ice cube trays, and freezer containers. Food preparation suggestions and recipes are provided for 1) fruits and fruit juices, 2) yogurt, 3) cereals, 4) vegetables, 5) eggs, 6) meat and fish, 7) desserts and snacks, and 8) party foods. A variety of lunch ideas and recipes are given for preschoolers eating at and away from home. A suggested schedule for introducing the baby to solid foods is presented. Guidelines about types and amounts of foods, feeding schedules, and sample menus are given for infants and children in the following age categories: four to six month, six to nine months, nine to twelve months, twelve to eighteen months, and eighteen months to three years. An index is included for quick reference. (aj)

0023
Crybabies coping with colic, what to do when baby won't stop crying /by Marc Weissbluth. --.
Weissbluth, Marc. New York, N.Y. : Arbor House, c1984. "Priam books"--Cover. 176 p. : ill. ; 21 cm. Bibliography: p. 172-176. (NAL Call No.: DNAL FNC RJ456.C7W4 F&N B-4260).
Abstract: The symptoms, causes, and treatments of colic are discussed in this guide for parents of colicky infants and health care professionals who deal with them. Results of recent research studies are described and practical suggestions for coping with colic are provided. Recommendations based on the experiences of parents of colicky infants are made on feeding the colicky infant, treating colic with medication, and soothing the infant. New theories are described linking colicky behavior to infant characteristics such as temperament, sleep habits, and breathing patterns. Excerpts from diaries kept by parents of colicky infants give a detailed description of colicky behavior and provide encouragement and practical advice on waiting for the infant to "outgrow" the condition. (aj)

0024
Daughters of earthcradle the future.
Madison, WI : Wisconsin, Dept. of Health and Social Services, c1986. Includes poems on second side. 1 wall chart : double-sided, col. ; 56 x 43 cm. (NAL Call No.: DNAL Graphic no.123 F&N).
Abstract: Designed for use in prenatal programs for American Indians, this two-sided poster depicts young Indian mothers before and after the birth of the child. One side of the poster shows a young women holding an empty cradle board with the advice to avoid drugs, alcohol and smoking while receiving prenatal care. The other side shows a mother holding her child in a cradle board; the message reminds mothers that healthy children are the Indians future. Several poems written by Indian women about children accompany this message.

0025
Diabetes and pregnancy /Joan Brooks ... et al. . --.
; Brooks, Joan. Ann Arbor, Mich. : Michigan Diabetes Research and Training Center, The University of Michigan, c1983. "The development of this booklet was supported in part by the National Institutes of Health, grant number NIH 5 P60 AM20572, National Institute of Arthritis, Diabetes, and Digestive and Kidney Disease. 30 p. : ill. ; 25 cm. (NAL Call No.: DNAL FNC RG580.D5D48 F&N E-4709).
Abstract: An information booklet for pregnant diabetics discusses various aspects of the special care recommended for such women. The information is organized into 4 principal sections: how diabetes affects the body and how it can be controlled during pregnancy; clinic visits and tests during pregnancy; questions often asked by pregnant diabetic women during hospitalization; and questions often asked by diabetic women after the baby is born. An appended glossary defines technical terms used throughout the text. (wz)

0026
Eating for two : the complete pregnancy nutrition cookbook / Isaac Cronin and Gail Sforza Brewer ; with an introduction by Tom Brewer. -.
Cronin, Isaac. ; Brewer, Gail Sforza. Toronto New York Bantam Books 1983. Includes index. xxviii, 322 p. ; 18 cm. Bibliography: p. 267-273. (NAL Call No.: RG559.C7 F&N B-3564).
Abstract: A cookbook for expectant women includes a comprehensive eating plan for pregnancy, which is designed to provide all the nutrients necessary to maintain the health of mother and her unborn child. Numerous recipes are included, conveniently organized into major sections on: breakfast; drinks, sauces, stocks, and dressings; vegetables; vegetarian main courses; fish; meat and poultry; snacks and portable food; and desserts. Tabular data are given throughout the text, and a protein-calorie counter covering a wide variety of foods is appended. (wz)

0027
Eating right : before, during, and after pregnancy / Elizabeth M. Whelan. -.
Whelan, Elizabeth M. Wauwatosa, Wis. American Baby Books 1982. 77 p. ; 28 cm. (NAL Call No.: RG559.W5 F&N E-4225).
Abstract: Nutritional requirements of pregnancy and nutritional guidelines are described for expectant women, including

advice on what foods to eat or avoid, the importance of proper weight control, and how to modify one's diet after the baby arrives. Some of the special problems of pregnancy (e.g., food cravings, morning sickness) also are discussed. The nutritional guidelines and eating habits covered should maintain the health of the expectant woman, promote the healthful development of the unborn child, and be beneficial to the expectant woman's family. Worksheets and recipes are included. (wz)

0028
Eating right for two : the complete nutrition guide and cookbook for a healthy pregnancy / text by Diane Klein, recipes by Rosalyn T. Badalamenti ; illustrations by Lauren Jarrett. -.
Klein, Diane. ; Badalamenti, Rosalyn T. New York Ballantine Books c1983. Includes index. 331 p. : ill. ; 20 cm. Bibliography: p. 307-315. (NAL Call No.: RG559.K5 1983 F&N B-3583).
Abstract: Menus for every day of the month from prepregnancy through delivery and 1 month of breastfeeding are provided for pregnant women. Many recipes also are given. Aside from being a cookbook it is a nutritional guide. The importance of high quality nutrition in improving the outcome of pregnancy is stressed. Steps are given to ensure that baby starts life with maximum physical and mental potential. Information provided is based on the author's personal interviews and correspondence with scientific experts and conclusions derived from recent research data. Nutrient needs throughout pregnancy are explained. (kbc)

0029
Educators' challenge--healthy mothers, healthy babies a framework for curriculum development in responsible childbearing, pre-school through high school /compiled and written by Dorothy Dolph Zeyen. --.
Zeyen, Dorothy Dolph. Alexandria, Va. : Association for Supervision and Curriculum Development ; White Plains, N.Y. : March of Dimes Birth Defects Foundation, c1981. "Cooperative project developed by the Association for Supervision and Curriculum Development through a grant from the March of Dimes Birth Defects Foundation.". 64 p. : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: DNAL RG973.Z49).
Abstract: A framework for development of curriculum in 4 areas that affect decisions about responsible childbearing is offered in this guide. It is intended for use by educators of children preschool through high school and by agencies involved in health and parent education. Concepts, goals, focuses, and points of information are centered around nutrition, environment, genetics, and human growth and development. Suggestions for developing these concepts are aimed at 5 educational levels: preschool/kindergarten, primary, elementary, middle school/junior high, and senior high. This framework is offered based on the importance of providing skills and knowledge to help prospective parents make informed decisions about the conditions under which to have and care for as healthy a child as possible. (as)

0030
Feeding infants with congenital heart disease a guide for parents /American Heart Association. --.
Dallas, Tex. : The Association, c1984. Cover title. 12 p. : ill. ; 22 cm. Bibliography: p. 12. (NAL Call No.: DNAL RJ421.F4).
Abstract: Infants with congenital heart disease often cannot ingest sufficient food to meet their bodies' needs. Frequent feeding and special feed techniques for nourishing these infants are recommended. Topics include: factors influencing delayed infant growth; how to feed the baby; the amount of milk (formula or breast) and calories needed; how to select an infant formula; the best infant feeding position; and advice on vitamins, solid foods, salt, weight gain expectations, and possible feeding problems produced by heart medicines. Information on the caloric content per portion size of various baby foods and on table foods that are high in sodium and potassium, is appended.

0031
Feeding young children with cleft lip and palate / written by Virginia Bennett with assistance from Sheila Farnan ; edited by Dale Thompson .
Bennett, Virginia. ; Farnan, Sheila.~Thompson, Dale. Minneapolis, Minn. : Minnesota Dept. of Health, Services for Children with Handicaps, 1986?. Cover title. 44 p. : ill. ; 22 cm. Bibliography: p. 43-44. (NAL Call No.: DNAL RC815.2.B4).
This booklet from the Minnesota Department of Health, Services for Children with Handicaps is intended to: give parents practical help in feeding their baby or child born with cleft lip and/or palate; describe how parents can give their baby or child good nutrition in an atmosphere of love; give parents a broad range of information to help them ask questions and make observations; and make it easier for parents to get evaluations and advice about their unique child from health professionals. Coverage includes: nutrition and growth; challenges in feeding; feeding the baby during the first five or six months; breastmilk and breastfeeding; bottlefeeding; additional feeding aids; feeding the child from 6 months to 3 years; considerations at the time of surgery; and some kinds of clefts. Resources available to Minnesota families of children born with cleft lip and/or palate are listed. A bibliography for parents and health professionals are included.

describing his birth and how he and his mother adjust to their new life together. Together with his friends, they discuss issues regarding breast-feeding and resolve some of the problems associated with lactation and nursing. This whimsical presentation emphasizes the positive qualities of the closeness which develops between an infant and mother, and regards breast-feeding as a pleasurable experience. The program is available in slides or a filmstrip, and is accompanied by a handout and teacher's guide. (ls)

0034
Pregnancy on the rocksF.A.S. Productions and Peter Glaws Productions. --.
; Jones, Kenneth Lyons. Coronado, CA : F.A.S. Productions ; Peter Glaws Productions ; Long Beach, CA : Southerby Productions distributor , 1983.
Intended audience: Ages 14 through adults.~ Issued also as videorecording.
1 film reel (25 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.54 F&N).
Abstract: "Pregnancy on the Rocks" is a documentary film regarding the detrimental effects of drinking during pregnancy. This film explores the fetal alcohol syndrome, its causes, symptoms, and latest findings. The severity of the disease and the importance of proper maternal care are presented with the intention of educating expectant mothers with drinking problems. (ls)

0035
The Special journeypresented by the Infant Formula Council.
New York : The Glyn Group, Inc., c1984.
1 film reel (22 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL FNC RG973.S66 F&N AV).
Abstract: Six women discuss how they handle specific decisions they faced ragarding motherhood. This live action film follows these women as each one explains the problems she faced, for example: 1) Should I breastfeed? 2) Should I get pregnant and jeopardize the sight in 1 eye because of an existing tumor? 3) How should the responsibility for the baby be shared between me and my husband? 4) Will pregnancy and childbirth change the intimacy that exists between my partner and I? 5) Should I have the baby or have an abortion? 6) Will I be able to fully care for the baby and be responsible for this child? These are questions most women must face as they consider the responsibilities of motherhood. (kbc)

0036
Substance abuseUSDA and DHHS. --.
Washington, D.C. : USDA : ARI-GEM Duplications, 1985? . "VHS-SP."~ "Part 1.". 1 videocassette (57 min., 48 sec.) : sd., col. ; 1/2 in. --. (NAL Call No.: DNAL Videocassette no.50 F&N).
Abstract: Experts from the U.S. Department of Agriculture and the Department of Health and Human Services discuss maternal-fetal placental transfer of nutrients and other substances. Commonly abused substances, such as caffeine, tobacco, and alcohol are the primary consideration of this teleconference. Fetal alcohol syndrome, low birthweight, and other problematic effects are among the topics covered. Special emphasis is given to methods of patient counseling and how to alleviate the problem of substance abuse among pregnant women. There was also a question and answer session in which pertinent issues were discussed. (ls)

0037
The Superbaby parenting kit developed by June Engel ; produced by International Cinemedia Center Ltd. and Avantage Productions, Inc.
; Engel, June.& Superbaby~ (filmstrip).~Pregnant moments~ (sound recording). Highland Park, Ill. Perennial Education c1981. Title from container and teacher's guide ~Title on filmstrip and accompanying cassette: Superbaby ~Title on second cassette: Pregnant moments ~Cassette accompanying filmstrip compatible with manual and automatic operation. 1 filmstrip (79 fr.) 2 sound cassettes (18 min.), 10 activity sheets, 2 posters, 1 teacher's guide, in container ; 33 x 24 x 7 cm. (NAL Call No.: RJ253.S86 F&N AV).
Abstract: A teaching kit designed to guide parents in the health of their infants is presented. The 6 objectives of the unit are 1) to increase knowledge and skills of parents, 2) to increase birth of heathy babies; 3) to reduce the number of defective or handicapped children, 4) to impress upon young people the life long responsibilities associated with having children, 5) to encourage people to be responsible for their own health management, and 6) to identify support systems for pregnant women. In addition to the filmstrip, the kit includes an audiotape called "Pregnant Moments", which discusses experiences these women are having during pregnancy. The 2 wall charts are called "Time and Growth Chart for a Superbaby", and "Making a healthy baby." (kbc)

0038
Teen pregnancy produced by Kuona, Ltd.
Atlanta, Ga. Kuona, Ltd. (1981?). NET funded ~Produced for Dept. of Community Nutrition, Georgia State University. 32 slides : col. + 1 sound cassette (2 min., 30 sec.). --. (NAL Call No.: TX361.P7T4 F&N AV).
Abstract: An audiovisual program emphasizes the pregnant teens's need for additional energy, B vitamins, calcium and vitamin D for her own and the baby's growth. Increased daily intakes of meat, milk, and nutritious snacks as well as an iron supplement are recommended. Encouragement and involvement in meal planning and preparation are vital for a teen who may have a poor self image. The fact sheet reinforces these points and makes suggestions of substitutions for often-refused foods and adaptations of the USDA meal pattern necessary for a pregnant adolescent. (js)

the number of servings of four different food groups recommended each day and a sample food record form is provided for evaluating a single day's intake. Four major food groups are discussed in detail: milk and milk products, vegetables and fruits, grains, and protein foods. Types of information provided about each food group include important nutrients, sample foods, and serving sizes of different foods within a group. Additional topics include recommended weight gain during pregnancy, vitamin and mineral supplementation, abnormal cravings (pica), and healthy desserts and snacks. Commonly encountered problems during pregnancy and their treatment are discussed, including morning sickness, constipation, and heartburn. Caution is recommended concerning the use of drugs and medications, alcohol, caffeine, and cigarettes while pregnant. Recipes and a week's worth of sample menus are introduced. (aje)

0038
Foods for toddlers and preschoolers / (developed by Sarah M. Hinton, with assistance from Diane R. Kerwin and Barbara F. Mann) -.
Hinton, Sarah M. ; Kerwin, Diane R.~Mann, Barbara F. (Raleigh) N.C. Agricultural Extension Service (1981). Cover title. (24) p. : chiefly col. ill. ; 22 x 28 cm. (NAL Call No.: RJ206.H55 F&N E-4353).
Abstract: An illustrated guide uses colored poster boards to present simple guidelines for parents to instill sound food practices in their toddlers and preschool children. The topics cover different aspects of making appropriate food choices (e.g., serving small meals and snacks, using soft foods for babies and finger foods for toddlers). Guidance also includes what foods children like, foods to be consumed daily, substitutes for junk food, making mealtime pleasant, how children learn habits from adults, and what reaction to expect from children. (wz)

0039
For mothers & daughters : a guide to good nutrition for women / by Myron Winick. -.
Winick, Myron. New York W. Morrow 1983. Includes index. 263 p. : ill. ; 22 cm. (NAL Call No.: TX361.W55W56 1983 F&N B-3638).
Abstract: Approaches are presented for supporting the needs of women in various nutritional risk situations such as menstruation, reproduction, menopause, and adverse personal habits (smoking, drinking, birth-control medication). An eating program that specifically addresses the unique nutritional needs of women is outlined. The program includes low-calorie, high-nutrient diets, and a high-nutrient vegetarian diet. Covering the total life cycle from birth to old age, explanations are given on why women are more vulnerable to nutritional diseases and deficiencies than men during certain periods of their lives, and what they can do about it. Nine sections cover the very young child, the adolescent, the young adult, pregnancy, nursing mothers, the reproductive and mature years, and diseases common to women. (wz)

0040
For mothers-to-behow to build a better baby. --.
Rosemont, Ill. : National Dairy Council, c1984. Cover title. 3 p. ; 25 cm. (NAL Call No.: DNAL RG559.F67).
Abstract: Suggestions for mothers-to-be regarding nutrition during pregnancy emphasize calcium intake. Nutritional requirement from the 5 food groups are listed, in addition to the special needs of a pregnant woman, along with nutrient requirements after delivery. (kbc)

0041
Growing up healthy : a parent's guide to good nutrition / Myron Winick. -.
Winick, Myron. New York Morrow 1982. Includes index. 240 p. : ill. ; 22 cm. Bibliography: p. 228-231. (NAL Call No.: RJ206.W79 1982 F&N B-3064).
Abstract: Medical and nutritional guidance is provided for mothers of children from birth to adolescence. Basic information and recommendations concerning maintenance of child health are given for the prenatal (nutrition and pregnancy), infant (new-born; breast, bottle, and mixed feedings), preschool, school, and adolescent periods of child growth and development. Special attention is paid to nutrition during and after common illnesses in children (e.g., acute bacterial and viral infections, gastroenteritis, surgery, injury, food allergies and intolerances). Tabular information on fat and cholesterol contents of various foods is included. (wz)

0042
Guide to a healthy pregnancy /Donna and Rodger Ewy.
Ewy, Donna. ; Ewy, Rodger. New York : Dutton, c1981. xv, 160 p. : ill. ; 15 x 23 cm. Bibliography: p. 158 -160. (NAL Call No.: DNAL RG525.E9).
Abstract: Designed to give the information and skills both mother and father need to enjoy a healthy pregnancy, this book includes details of conception. Prenatal examinations, fetal/maternal development, personal care/nutrition, and relief of minor discomforts are discussed. Supported by diagrams and pictures, other topics include prenatal body mechanics, emotional changes, sexuality, family-centered pregnancy, childbirth, and early parenting. A glossary accompanies the text.

0043
Having a baby /Diana Bert ... et al. . --.
; Bert, Diana. New York : Delacorte, c1984. Includes index. xv, 367 p., 8 p. of plates : ill. ; 26 cm. (NAL Call No.: DNAL RG525.H39).
Abstract: The experiences of 7 women before, during, and after their pregnancies are described by each one in

this book. Topics include the various stages of pregnancy, miscarriage, finding and obstetrician and a pediatrician, amninocentesis, tobacco-alcohol-drugs, and sex during and after pregnancy. Also discussed are the actual birth experiences, the first weeks at home afterwards, nursing, postpartum depression, going back to work, and the fathers' expperiences. (as)

0044
Healthy mom, healthy baby /Lutheran Hospital. --.
La Crosse, WI : Nutrition Services, Dept. of Dietetics, La Crosse Lutheran Hospital, 1983. Cover title. 12 p. : ill. ; 22 cm. (NAL Call No.: DNAL RG559.H4).
Abstract: Guidelines for developing and maintaining healthy eating habits throughout pregnancy are presented in this easy-to-read bulletin from the Department of Dietetics at LaCrosse Lutheran Hospital. The total weight gain recommended during pregnancy (22 to 28 pounds) is broken down into its individual components-baby, placenta, amniotic fluid, blood, breast and uterus tissue, fat stores. Nutritional requirements, functions, and food sources of nutrients especially important during pregnancy-protein, iron, folic acid, calcium-are examined. A food guide shows the number of servings of different food groups recommended for pregnant and non-pregnant women. Average serving sizes and of selected foods are presented for the following food groups: milk and dairy products, meat, fruits and vegetables, and breads and cereals. Additional topics include snacking, exercise, and vitamin and mineral supplementation. Caution is advised concerning the use of certain medications, alcohol, and cigarettes during pregnancy. Suggestions are provided for coping with the nausea and vomiting that often accompany pregnancy. (aje)

0045
Healthy mothers, healthy babies coalition directory of educational materials.
(Washington, D.C.?) U.S. Dept. of Health and Human Services, Public Health Service 1983. Cover title: Healthy mothers coalition directory of educational materials ~"September 1983. ~Includes indexes. 202 p. : 1 form ; 28 cm. (NAL Call No.: RG973.H4 1983 F&N B-3788).
Abstract: A comprehensive collection of educational materials produced by government, professional, and voluntary organizations and agencies includes descriptions of available printed and audiovisual materials on maternal and infant care for the general public and health professionals. Listings of materials are arranged under each organization, together with a brief description of the organization's purpose and goals. All entries specify how to order the materials, many of which are free of charge. Topics include prenatal care, normal pregnancy and delivery, infancy (up to 1 year), child care and growth, developmental problems and disabilities, parent education, workplace and environmental hazards affecting pregnancy, risk factors (alcohol, drugs, smoking), nutrition, breastfeeding, exercise, teenage pregnancy, genetic disorders, infant death syndrome, child abuse and neglect, safety of infant products, vital statistics, and family planning. (wz)

0046
"Healthy mothers" market research : how to reach Black and Mexican American women : final report, September 14, 1982 / submitted to Office of Public Affairs Office of the Assistant Secretary for Health, Public Health Service, United States Department of Health and Human Services ; submitted by Juarez and Associates, Inc.
Los Angeles, Calif. Juarez and Associates, Inc. 1982. "Contract no. 282-81-0082.". xxvi, 192 p. ; 28 cm. Bibliography: p. 34-39. (NAL Call No.: RA778.H4 F&N E-3937).
Abstract. A public education campaign called "Healthy Mothers" was undertaken to provide pregnant women and women of child bearing age with information about good health practices; to help these women understand the special risks associated with pregnancy (both for themselves and their babies); and to motivate them to seek regular prenatal care. While all potential mothers would benefit from this campaign, 3 groups of women were identified as the target audiences: 1) women with known medical risk; 2) pregnant teenagers; and 3) women in lower socioeconomic groups, especially those who are Black or Mexican American. The campaign established 6 goals: 1) identify credible sources of health information; 2) explore the roles of family members during pregnancy; 3) identify support services; 4) improve health awareness; 5) document barriers to seeking health care; and 6) determine cultural sensitivities. Conclusions on the 6 goals are discussed separately and recommendations for information campaigns that are motivational in nature are made. Specific suggestions are given for adequate dissemination of health information and counseling, and for helping women cope with the stresses of pregnancy. (kbc)

0047
The healthy pregnancy menu cookbook / by Shirley Smalheiser. -.
Smalheiser, Shirley. New York Cornerstone Library c1983. Includes indexes. 192 p. : forms ; 24 cm. (NAL Call No.: RG559.S5 F&N B-3831).
Abstract: Recipes, menu plans and nutritional guidelines are presented to aid pregnant women in assuring that nutritonal needs during pregnancy are satisfied. The text provides: recipes that use readily available foods; quick, easy to prepare meals that can be made ahead and held; information on expected

weight gain and appetite changes, daily mean calorie requirements; and hints on controlling food cravings and/or aversions. Three menu plans (providing menus for the 3 main daily meals) are outlined, with references given to the recipe section of the text. Plan (1) provides 1700 calories/day, plus 3 snacks of 130 calories each; plan (2) 1850 calories/day plus 3 snacks of 80 calories each; plan (3) 2000 calories/day, with 2 snacks of 50 calories each. Most of the recipes are designed to provide sufficient food to sevice the entire family. (wz)

0048
How to have a healthy pregnancy. --. South Deerfield, Mass. : Channing L. Bete Co., 1985, c1981. "A Scriptographic booklet."--p. 2 .- Cover title. 15 p. : ill. ; 21 cm. (NAL Call No.: DNAL RG525.H68 1985).
Abstract: Attitudes and behaviors that help ensure a healthy pregnancy and the birth of a healthy baby are reviewed in this easy-to-read, simply illustrated booklet. The importance of regular medical care throughout pregnancy is emphasized. Characteristics of a balanced and nutritious diet are identified; a daily food plan outlines minimum quantities of different food groups. The role of regular exercise, rest, and relaxation in relieving tension and fatigue during pregnancy is explored. Hazards to the unborn baby that have been associated with smoking; alcohol; and drugs, medications, and other chemicals are identified. The relief of common minor discomforts of pregnancy (i.e. morning sickness, frequent urination, varicose veins, constipation) is described. Danger signals of more serious complications during pregnancy are outlined. Suggestions are provided for making healthy mental and emotional adjustments to pregnancy. (aje)

0049
How to take care of yourself & your baby.
Rosemont, IL : National Dairy Council, c1984. Cover title. 1 folded sheet ; 23 x 31 cm. folded to 23 x 16 cm. (NAL Call No.: DNAL RG559.H6).
Abstract: Pregnant adolescents have special nutritional needs because their bodies must sustain their own growth, as well as that of the developing child. The recommended daily servings from each of the four food groups are described, with suggestions regarding specific food choices; for instance, a milkshake instead of a soda, and ice cream in place of chips. Proper diet as an expression of love is emphasized.

0050
Infant colic what it is & what you can do about it /Christopher Farran. --. Farran, Christopher. New York : Scribner, c1983. Includes index. xx, 124 p. ; 21 cm. Bibliography: p. 117-120. (NAL Call No.: DNAL RJ456.C7F37).
Abstract: Infant colic is the seemingly endless crying and screaming of an otherwise healthy baby. Research findings, suggestions for coping, and reassurance for parents of a colicky baby are provided. Also explained are the possible causes of the condition, the use of medications, and how the doctor can help. Tricks and gimmicks found to be successful by parents are shared. (as)

0051
An inner voice tells you not to drink.
Rockville, Md. : National Institute on Alcohol Abuse and Alconolism, 1987? . 1 poster : col. ; 79 x 49 cm. (NAL Call No.: DNAL Graphic no.121 F&N).
Abstract: Pregnant women are strongly advised against drinking alcoholic beverages in this colorful poster from the National Institute on Alcohol Abuse and Alcoholism. The poster, depicting a pregnant Indian woman, warns about the risks of permanent mental and physical birth defects that are associated with heavy drinking during pregnancy.

0052
Into the mouths of babes a natural foods cookbook for infants & toddlers /by Susan Tate Firkaly. --.
Firkaly, Susan Tate, 1949-. White Hall, Va. : Betterway Publications, c1984. Includes index. 168 p. : ill. ; 23 cm. Bibliography: p. 159-161. (NAL Call No.: DNAL TX740.F5).
Abstract: This guide to feeding infants and toddlers follows a natural foods approach. It begins with a lists of useful kitchen equipment and a guide to whole foods. One chapter focuses on infant nutrition and includes several tables: protein complementary foods, basic 4, meatless basic 4, and allergy basic 4 food groups. The discussion of infant feeding includes breast vs. bottle feeding, starting on solid foods, and a timetable for introducing solids. Advice is offered for coping with food allergies. Half the book is composed of recipes. They are divided into those appropriate for different age groups(4-6 months, 7-9 months, 10-12 months, 1-3 years), recipes for the entire family, and recipes for the allergic child. Most are designed to be relatively quick and easy to prepare. (as)

0053
Iron, the hard-to-get nutrient.
United States? : s.n. , 1981. In English, Cambodian, Chinese, Laotian, Vietnamese.~ Cover title.~ "12/81.". 4 v. (loose-leaf) : ill. ; 28 cm. (NAL Call No.: DNAL TX553.I75I7).
Abstract: Iron's role in providing oxygen to the body's tissues and the importance of eating foods adequate in iron are outlined in this handout. Pregnant women, young children, teenagers, and anemic individuals need greater amounts of iron in their diet. Good sources of iron in each of the following food groups are identified: meat, fruits and vegetables, and breads and cereals. Infant foods high in iron include infant cereals, plain strained meats, and iron-fortified formulas. The handout is available in Chinese,

Laotian, Cambodian, and Vietnamese. Each is written in a two-column format with the major language and English printed side-by-side.

0054
The Jane Fonda workout book for pregnancy, birth, and recovery / by Femmy DeLyser ; photographs by Steve Schapiro ; additional photographs by Hella Hamid ; drawings by Kathy Jacobi. -.
DeLyser, Femmy. ; Fonda, Jane,~ 1937-~Schapiro, Steve. New York Simon and Schuster c1982. Based on Jane Fonda's Workout program ~Includes index. 240 p. : ill. ; 28 cm. (NAL Call No.: RG558.7.D4 F&N B-3506).
Abstract: An exercise program is presented to assist and improve the physical well-being of women during and following pregnancy. Guidance information also is provided concerning preparation for labor and childbirth, dealing with problems and complications (e.g., cord and foot prolapse, caesarean delivery, emergency childbirth, infant resuscitation breast and bottle feeding the infant, and assisting the newborn child during its early growth stages. The material presented is extensively illustrated with photographs. (wz)

0055
The joy of breastfeeding. La alegria de la alimentacion a pecho /Margaret Belais Salmon. --. Spanish.
Salmon, Margaret Belais. Demarest, N.J. : Techkits, 1984. Cover title.~ English summary inserted. vi, 20 p. : ill. ; 21 cm. (NAL Call No.: DNAL RJ216.S3).
Abstract: This booklit written in Spanish is a manual for successful breast feeding. The 5 most common questions about breastfeeding are answered. Basic techniques and good nutrition are discussed. Food group lists are provided to help the nursing mother plan nutritious menus. (as)

0056
The Kamen plan for total nutrition during pregnancy / Betty Kamen and Si Kamen. -.
Kamen, Betty. New York Appleton-Century-Crofts 1981. 234 p. Bibliographic references : p. 203-229. (NAL Call No.: RG559.K3 F&N B-2995).
Abstract: Guidelines, recipes, and nutrition information are presented for expectant mothers. The Plan is a regimen of nutrition guidelines, adaptable to the individual, and is based upon the findings of nutritionists, health professionals and researchers. Pregnancy lore and superstitions are reviewed from both practical and scientific aspects. Additional topics include: nutrient needs of mother and fetus; nutrients provided by specific foods; negative intakes, e.g., toxins, alcohol, cigarettes, coffee, and drugs potentially harmful to the mother and the fetus; and specific ailments of pregnant women, e.g., constipation, toxemia, and leg cramps. (wz)

0057
La atencion prenatal. --. Spanish.
Rockville, Md. : U.S. Dept. of Health and Human Services, Public Health Service/Health Resources and Services Administration, Bureau of Health Care Delivery and Assistance, Division of Maternal and Child Health ; Washington, D.C. : For sale by the Supt. of Docs., U.S. G.P.O., 1985. Spanish version of: Prenatal care.~ English version classified under RG525.P74. xii, 104 p. : ill. (some col.) ; 23 cm. --. (NAL Call No.: DNAL RG525.P7414).
stract: Pregnancy, childbirth, and care of the newborn infant are the subjects of this brief, yet comprehensive prenatal care guide developed by the Public Health Service of the U.S. Department of Health and Human Services. Aspects of pregnancy that are discussed include: 1) health professionals involved in providing proper prenatal care and suggested scheduling of prenatal visits, 2) physical and emotional changes, 3) physical development of the baby month-by-month, 4) lifestyle factors (i.e. exercise, breathing techniques, work, rest, travel, sexual relations, use of alcohol, cigarettes, and drugs), 5) nutritional requirements, 6) common discomforts (i.e. nausea, vomiting, heartburn, constipation, hemorrhoids, backache, and 7) more serious problems (i.e. miscarriage, anemia, toxemia, rubella, Rh factor). Components of the birth process innclude preparing for the birth, labor and delivery, and hospital stay and recovery. Topics include signs and stages of labor, medication and anesthesia, episiotomy, Cesarean section, and breech births, as well as recovery, length of hospital stay, breast care, depression, fatigue, getting back into shape, and post-partum checkups. The section of caring for the newborn discusses breast and/or formula feeding, bathing, travelling, establishing a schedule, and checkups. A number of helpful figures and diagrams illustrate concepts described in the text.

0058
Learn about alcohol & pregnancy.
Center City, Minn. : Hazelden Foundation, 1983. Cover title. 15 p. : ill. ; 22 cm. --. (NAL Call No.: DNAL FNC RG580.A5L4 F&N C-2680).
Abstract: A brief, illustrated pamphlet presents basic facts about the myths and hazards of alcohol consumption during pregnancy. Myths include popular beliefs that consumption of beer and wine is acceptable, that alcohol consumption may be stopped without harm after the first few months, and that only alcoholics have abnormal babies. Facts are presented which refute these myths and which make the point that any alcohol drunk by the pregnant mother goes directly to the fetus. The types of physical and mental birth defects due to alcohol (fetal alcohol syndrome) are outlined. The worst fetal alcohol syndrome effects have occurred where pregnant mothers have consumed 6 or more

ounces of alcohol per day, but studies indicate the association of birth defects with an intake of even below 2 ounces/day. The increased risk of alcohol coupled with other risk factors (smoking marijuana or cigarettes) is also discussed. (wz)

0059
Life-cycle nutrition needs for school-age mothers and fathers. Requistos nutricionales del ciclo de la vida para madres y padres de edad escolar / Kathie Westpheling, Sara Jane Vinson, Lorelei Groll. -. Spanish.
Westpheling, Kathie. ; Vinson, Sara Jane.~Groll, Lorelei.& Nutrition curriculum on life-cycle nutrition needs for school-age mothers and school-age parents.~Life-cycle nutrition needs for school-age mothers and school-age parents. (San Jose, Calif.) Santa Clara County Health Dept., Child Health and Disability Prevention Program 1982. NET funded ~Cover title: Nutrition curriculum on life-cycle nutrition needs for school-age mothers and school-age parents: Spanish translation ~"Traduccion espanol por Teri Hall. ~Translation of: Life-cycle nutrition needs for school-age mothers and school-age parents (TX361.Y6W45 F&N B-3396. 106, (40) p. : ill. ; 28 cm. (NAL Call No.: TX361.Y6W452 1982 F&N B-3739).
Abstract: The curriculum presents basic, practical lesson plans that are realistic for school age parents and school age mothers. Topics areas include: dental health, nutrition and pregnancy, breastfeeding, nutritional requirements, nutritious meal and snack planning, food needs of infants and young children, consumerism, fruit and vegetable preparation, community resources and school food service. Each class is based on a 50 minute format using audiovisuals to present principles and handouts as reinforcements. A corresponding snack is served and the recipe is provided. Weekly quizzes with answers and a resource and resource address list are provided. (js)

0060
Life-cycle nutrition needs for school-age mothers and school-age parents / Kathie Westpheling, Sara Jane Vinson, Lorelei Groll. -.
Westpheling, Kathie. ; Vinson, Sara Jane.~Groll, Lorelei. San Jose, Calif. Santa Clara County Health Dept., Child Health and Disability Prevention Program 1981. NET funded. vii p., 95, (41) leaves : ill. ; 28 cm. Bibliography: leaf 94. (NAL Call No.: TX361.Y6W45 F&N B-3396).
Abstract: The curriculum presents basic, practical lesson plans that are realistic for school age parents and school age mothers. Topics areas include: dental health, nutrition and pregnancy, breastfeeding, nutritional requirements, nutritious meal and snack planning, food needs of infants and young children, consumerism, fruit and vegetable preparation, community resources, and school food service. Each class is based on a 50 minute format using audiovisuals to present principles and handouts as reinforcements. A corresponding snack is served and the recipe provided. Quizzes (with answers) and a resource and resource address list are provided. (js)

0061
The littlest baby a handbook for parents of premature children /Fred R. Pfister, Bernard Griesemer. --.
Pfister, Fred R. ; Griesemer, Bernard. Englewood Cliffs, N.J. : Prentice-Hall, c1983. "A Spectrum book."~ Includes index. xii, 147 p., 4 p. of plates : ill. ; 22 cm. (NAL Call No.: DNAL FNC RJ250.P4 F&N C-2689).
Abstract: A personalized guidebook describes experiences of 1 of the authors as father of a 1 1/2 pound premature daughter and medical and practical answers to questions that parents of premature infants might have. The text also provides an intimate picture of the premature baby experience that will be useful to social workers, nurses, and doctors who become involved with the family of such an infant. Examples of topics addressed include: the causes of prematurity, the premature infant's appearance, breast vs. formula feeding, parental support, possible complications, home care, and developmental expectations. (wz)

0062
Manual on feeding infants and young children / Margaret Cameron and Yngve Hofvander ; sponsored by the UN/ACC Sub-Committee on Nutrition. -.
Cameron, Margaret, 1921-. ; Hofvander, Yngve. Oxford (Oxfordshire) Oxford University Press 1983. Includes index. xx, 214 p. : ill. ; 24 cm. --.
Bibliography: p. 204-208. (NAL Call No.: RJ216.C3 1983 F&N B-3890).
Abstract: A manual for health professionals, teachers, and home economists provides basic information and practical guidelines for promoting growth and detecting malnutrition in children. The diagnosis, treatment, and prevention of nutrition-related diseases such as protein-calorie malnutrition, iron-deficiency anemia, vitamin A deficiency, and diarrhea in young children are discussed. Emphasis is placed on nutritional requirements, the nutritive value of foods, and how to provide a varied energy-adequate diet for infants and young children. Instructions are provided for preparing a number of practical recipes for simple multi-mixes and for using family meal foods to make meals for young children. The importance of breast milk and breast feeding is stressed and illustrated. Data on weights, heights, and lengths and their interrelationships along with food composition tables, and a glossary are appended. (wz)

0063
A mother's handbook. Manual para una madrecombinando dar el pecho con el trabajo o el estudio. -- Spanish.
Madison, Wis. : Projecto de Nutricion de Wisconsin, 1983. Cover title.- "... Febrero de 1983"-p. 2 of cover.- Translation of: A Mother's handbook. 24 p. : ill. ; 22 cm. (NAL Call No.: DNAL RJ216.M62 1983).
Abstract: Guidelines for mothers who wish to combine breastfeeding with working or going to school are provided in this booklet published by the Wisconsin Nutrition Project. Written in Spanish, the booklet provides practical advice on how to adequately prepare both mother and infant for the return to work or school. The benefits of breastfeeding are outlined. Answers are provided to some commonly-asked questions about producing enough breast milk while away from the infant, feeding the infant, dietary needs of the breastfeeding woman, and concerns as engorgement, leaking breasts, and sore nipples. Recommendations and practical suggestions are given for collecting and storing breast milk. Instructions are included for expressing breast milk by hand and by two types of breast pump (Kaneson, Loyel-B). Safety guidelines are provided for collecting, refrigerating, freezing, and defrosting breast milk. Additional features of the booklet are a checklist of items useful for breastfeeding mothers that work and a list of resources and support organizations.

0064
A Mother's handbookcombining breastfeeding with work or school. --.
Madison, Wis. : Wisconsin Nutrition Project, 1983. Cover title.- "February 1983"--p. 2 of cover. 24 p. : ill. ; 22 cm. (NAL Call No.: DNAL RJ216.M6 1983).
Abstract: Guidelines for mothers who wish to combine breastfeeding with working or going to school are provided in this booklet published by the Wisconsin Nutrition Project. Written in Spanish, the booklet provides practical advice on how to adequately prepare both mother and infant for the return to work or school. The benefits of breastfeeding are outlined. Answers are provided to some commonly asked questions about producing enough breast milk while away from the infant, feeding the infant, dietary needs of the breastfeeding woman, and concerns such as engorgement, leaking breasts, and sore nipples. Recommendations and practical suggestions are given for collecting and storing breast milk. Instructions are included for expressing breast milk by hand and by two types of breast pump (Kaneson, Loyd-B). Safety guidelines are provided for collecting, refrigerating, freezing, and defrosting breast milk. Additional features of the booklet are a checklist of items useful for breastfeeding mothers that work and a list of resources and support organizations.

0065
New mother's cookbook / (by Donna Paananen). -.
Paananen, Donna. New York Exeter Books c1981. Includes index. 80 p. : col. ill. ; 29 cm. (NAL Call No.: RG559.P3 1981 E-3843).
Abstract: Recipes for family meals, based upon sound nutrition principles, sensible eating practices, and a balanced diet, are described for busy new mothers. Emphasis is placed on meeting the daily nutritional needs of the mother, baby, and other family members. Many dishes (especially casseroles) can be frozen, making meal preparation easier. Recipes are provided for parents alone, as well as for baby and toddler foods when the baby joins the parents at mealtime. Other recipe categories are: breads and breakfasts, lunch meals, main dishes, salads and vegetables, desserts, and special beverages and snacks. A brief listing of ingredient substitutions (e.g., carob powder for cocoa, honey for sugar) is given to make other recipes more nutritious. (wz)

0066
Nine months' reading : a medical guide for pregnant women / Robert E. Hall ; illustrated by Robert Demarest. -.
Hall, Robert E. Garden City, N.Y. Doubleday 1983. Includes index. xiv, 178 p. : ill. ; 22 cm. (NAL Call No.: RG525.H29 F&N B-3529).
Abstract: A medical guide for pregnant women discusses the latest advances in the field of obstetrics and offers advice on all aspects of pregnancy. New breakthroughs include: amniocentesis to detect fetal abnormalities; theories on fetal nutrition and maternal diets; fetal monitoring procedures; the use of birthing rooms and midwives; and the frequency of Caesarean sections. Smoking, drinking, and exercising during pregnancy are discussed. Other topics covered include: delivery room techniques and anesthetics; patient and doctor relationship; fetal development; symptoms and sensations; rules and regulations; complications of pregnancy; normal and abnormal labor and delivery; and motherhood in the hospital and at home. Illustrations are included. (kbc)

0067
Nutrition & motherhood / by Roslyn B. Alfin-Slater, Lilla Aftergood, Judith Ashley ; exercises by Gail Parrish Schwartz. -.
Alfin-Slater, Roslyn B., 1916-. ; Aftergood, Lilla.-Ashley, Judith. Van Nuys, Calif. PM, Inc. 1982. A Nutrition & the M.D. Publication. 28 p. ; 21 cm. (NAL Call No.: RG525.A3 F&N C-2531).
Abstract: A handbook for pregnant women presents the latest medical facts about nutritional requirements throughout pregnancy. Questions are answered for future mothers (from pregnant teenagers to older women) who are expecting their first baby. Included are sample menus, sources of protein, vitamins and minerals, and prenatal fitness exercises. Old wive's tales and myths

are dispelled. Information and suggestions are given on weight gain, nausea, smoking, vegetarianism, oral contraceptives, coffee and alcohol consumption, and combating constipation and depression. (kbc)

0068
Nutrition during pregnancy and lactation : a nutrition module for secondary schools / Frances A. Stout. -.
Stout, Frances A. Storrs, Conn. Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut 1981. NET funded -At head of title: Connecticut Nutrition Education and Training Program. 1 portfolio with enclosures : ill. ; 30 cm. (NAL Call No.: RG559.S78 F&N E-3945).
Abstract: A nutrition education module for secondary school students is designed to increase teenagers' awareness of the relationship between diet and a healthy pregnancy and that breastfeeding is a natural extension of pregnancy. Ten 40-minute lessons with optional activities and evaluation instruments may be integrated into human behavior, family living, health, child development or home economics studies. Lesson topics include: effects of diet on the growth of the fetus; values clarification for pregnancy and eating habits; fetal growth and development; drugs, alcohol and smoking; nutrient needs during pregnancy; sources and functions of nutrients and breastfeeding. Supplemental materials include pre/posttests, information and activity handouts, and pamphlets on smoking, alcohol and birth defects. (js)

0069
Nutrition education : information for parents of preschoolers.
Tallahassee, Fla. Florida Dept. of Education (1981). NET funded. (17) p. in portfolio : ill. ; 31 cm. (NAL Call No.: TX364.N785 F&N E-3941).
Abstract: A set of 10 one-page letters for parents describes activities which the preschool child has experienced in the classroom, provides additional nutrition information and suggests learning activities to be done at home. Topics include: food groups (fruits, vegetables, meat, breads and cereals, soups, eggs, dairy products), tooth brushing and other dental care, meal planning and edible vs. non-edible substances. (js)

0070
Nutrition for your child's most important years birth to age three /Sue Castle. --.
Castle, Sue. New York : Simon & Schuster, c1984. "A Fireside book.". 186 p., 6 p. of plates : ill. ; 24 cm. Bibliography: p. 176 -177. (NAL Call No.: DNAL RJ216.C36).
Abstract: The basic principles and latest research on optimal nutrition for infants and young children is presented in this guide for pediatricians and parents. A brief overview of the need for calories, protein, carbohydrate, fat, fiber, vitamins and minerals is provided. The role of nutrition in cancer and heart disease is discussed. Various aspects of vegetarian diets, advantages of vegetarianism, optimal diets for vegetarian infants, soybean products, and supplements. Food hypersensitivity and allergy and the possible role of milk, food additives, and other foods are examined. Important aspects of infant and child feeding are presented for the infant from birth to six months, from six months to one year, and for the child from one to three years of age. Topics covered for the infant from birth to six months include 1) the advantages of breastfeeding, 2) commercial formula feeding for full-term and premature infants, 3) supplements for formula-fed infants, 4) home-prepared formula feeding, and 5) introducing first foods from four to six monhs. For the six-to-12-month old, consideations include 1) when to wean, 2) introducing juices and water, 3) supplements, 4) solid foods, 5) attitude, and 6) introducing appropriate new food at six, seven, eight, and nine to twelve months. The major emphases in feeding a one-to-three-year-old child are to encourage good eating habits that can be continued throughout life and to ensure that the diet is well-balanced nutritionally. Appendices include a recommended reading list, growth charts, and tables, showing the Recommended Dietary Allowances and the nutritive value of some commercial infant foods. (aje)

0071
Nutrition for your pregnancy : the University of Minnesota guide / Judith E. Brown. -.
Brown, Judith E. Minneapolis University of Minnesota Press c1983. Includes index. xii, 143 p. : ill. ; 24 cm. Bibliography: p. 111-115. (NAL Call No.: RG559.B72 F&N B-3503).
Abstract: Guidance information is presented for women, prior to and during pregnancy, who want to learn about the role that nutrition plays in producing healthy babies. Only in the past 10 years have nutritional recommendations for pregnancy been based on careful scientific research (rather than on clinical assumptions or folklore). More is known today about the advantages a mother gives her unborn child by eating well during pregnancy. These up-to-date nutritional guidelines are presented in practical, scientifically-based language. Topics include: nutritional facts concerning the needs of pregnant women and their fetuses; weight control; behavior modification for an improved nutritional lifestyle; and dietary aids for common pregnancy problems. Extensive reference charts are appended and included throughout the text. (wz)

0072
Nutrition guide for family planning.
Denver, Colo.? : Colorado Dept. of Health, Family Planning Program, 1982? . Cover title.- Funding support: Title X Grant. 40 p. ; 28 cm.

Bibliography: p. 39-40. (NAL Call No.: DNAL RG137.N8).
Abstract: Family planning clinics promote sound eating habits to their clients by informing them of the nutritional implications of their selection of contraception or pregnancy planning, and by general nutrition education. This guide booklet was prepared to help clinics describe nutritional implications of various contraception choices and to give the client a list of the food sources of the various nutrients whose requirements may be altered by contraception use. In addition, the Basic Four Food Groups and Recommended Daily Allowances are presented in the guide.

0073
Nutrition in teenage pregnancy : a curriculum guide / by Dian Gans. -.
Gans, Dian. Madison, Wis Wisconsin Dept. of Public Instruction (1983). NET funded. 171 p. in various pagings : ill. ; 28 cm. + 1 booklet. Bibliography: p. B-20 to B-32. (NAL Call No.: TX361.P7G26 F&N B-3707).
Abstract: A curriculum guide composed of 13 lessons for pregnant teenagers is presented. The guide is designed to introduce nutrition through formated activities which allow the teacher flexibility to address specific needs. The program can be integrated into other disciplines (e.g., language, spelling, home economics). The introductory lesson helps teachers assess the current level of nutrition knowledge the students have (included are a review of basic nutrition concepts, pre-test for lessons 1-13, and a student learning preference sheet). Lessons 1-9 explore the pregnant teenager's nutrition requirements. Lessons 10-13 discusses nutritional requirements during lactation and infant feeding. Each lesson contains: a focus statement, behavioral objectives, teacher notes, references, suggested activities, and supplementary materials. The appendix contains: an annotated bibliography, audio-visual aids, reprinted articles of special interest; and a food composition table. (kbc)

0074
The nutritional ages of women a lifetime guide to eating right for health, beauty, and well-being /Patricia Long.
Long, Patricia J. New York : Macmillan, c1986. Includes index. xii, 339 : ill. ; 24 cm. Bibliography: p. 320-330. (NAL Call No.: DNAL RM217.L57).
Abstract: This nutritional sourcebook discusses nutrition according to different ages and stages of women's lives. Special nutritional needs one has during adolescence, young and middle adulthood, pregnancy and breast-feeding, menopause, and the later years are considered. The life-style section shows one how to eat right to fulfill those needs. Other discussions and material included are as follows: 1) weight control, fitness, and beauty; 2) disease prevention; 3) vitamin supplements and their use; 4) food exchanges; 5) recipes 6) sources of nutritients; 7) where to find nutrition information. Selected references are included.

0075
Parent education materials / presented as an exclusive service of Ross Laboratories.
Columbus, Ohio Ross Laboratories (1982). 1 v. (loose-leaf) : ill. ; 30 cm. (NAL Call No.: RJ216.P37 F&N B-3648).
Abstract: Examples of educational materials provided by Ross Laboratories for use in counseling non-English-reading parents are offered. One set of materials contains only pictures and no text for non-readers; and one set is in braille. Information on breastfeeding, infant care, weaning and formula preparation is available in 20 languages. Any item can be photocopied but not altered. All items are available in pads of 25 sheets each. Information on 8 Ross products is included.

0076
Parent's book of breastfeeding / Susan Flamholtz Trien. -.
Trien, Susan Flamholtz. New York Ballantine Books 1983. Includes index. xii, 196 p. : ill. ; 18 cm.
Bibliography: p. 180-182. (NAL Call No.: RJ216.T7 F&N C-2607).
Abstract: Detailed information is offered to expectant mothers on how to prepare for, establish, and successfully maintain breastfeeding, ranging from the decision to nurse, through the weaning process. A supportive tone is employed throughout the narrative, which includes personalized instructions and numerous quotes from nursing mothers. The instructions are based on current medical information and on the practical, everyday experience of mothers who have successfully nursed their babies. Topics include: the benefits of nursing to the infant; how breasts function during nursing; common nursing problems and solutions; leaving the house with or without the baby; weaning; and special situations. (wz)

0077
Parents' guide to nutrition healthy eating from birth through adolescence /Boston Children's Hospital ; with Susan Baker, Roberta R. Henry ; executive editor David Estridge.
Baker, Susan. ; Henry, Roberta R.~Estridge, David. Reading, Mass. : Addison-Wesley, c1986. "A Merloyd Lawrence book."~ Includes index. xii, 372 p. : ill. ; 25 cm. Bibliography: p. 360-361. (NAL Call No.: DNAL RJ206.B29).
Abstract: In providing practical alternatives to quick-remedy nutrition plans for children, this book explores many facets of healthy eating from birth through adolescence. Factors affecting food choices and eating habits precede a nutrition information discussion of major nutrients, including food comparision charts of calcium, sodium and iron. Meals during pregnancy introduce several chapters presenting information on feeding patterns/requirements from infants to

teenagers. Several suggestions are given for enticing children to eat, cooking, and food budget maximizing. Other pertinent topics covered include food allergies, specific/fad diets, megavitamins, health foods, nutrition-related diseases, food shopping guides and food additives. A quiz with informative answers, a glossary, and a resource list are included.

0078
Pickles & ice cream : the complete guide to nutrition during pregnancy / Mary Abbott Hess, Anne Elise Hunt ; foreword by Roy M. Pitkin ; illustrations by Keith J. Taylor. -.
Hess, Mary Abbott. ; Hunt, Anne Elise. New York McGraw-Hill c1982. Includes index. x, 256 p. : ill. ; 24 cm. Bibliography: p. 235-245. (NAL Call No.: RG559.H47 B-3228).
Abstract: Recent findings on prenatal nutrition are presented in non-technical language. General nutrition, weight gain, major nutrients, vitamins, minerals, diet patterns, and breast feeding are discussed. Harmful or questionable substances to avoid include alcohol, nicotine, caffeine, over-the-counter drugs, food additives, marijuana, and cocaine. Other general topics relating to pregnancy include nausea/vomiting, constipation, hemorrhoids, heartburn, cramps, edema, and anemia. National resources and recommended books are listed. (rm)

0079
The Preconception gender diet : diet A=boy, diet B=girl / Sally Langendoen, William Proctor. -.
Langendoen, Sally. ; Proctor, William. New York M. Evans c1982. Includes index. 162 p. ; 22 cm. Bibliography: p. 153-156. (NAL Call No.: QP251.L3 F&N C-2624).
Abstract: Prospective parents are offered an easy and natural diet which the authors believe can influence the sex of their yet-to-be-conceived child. Two diet plans are presented, one for conceiving a boy, and one for a girl. Based on a few selected research studies, the authors feel that by varying the amount of sodium, potassium, calcium and magnesium in the diet, nature's 50-50 odds can be bettered. The "boy" diet recommends a daily intake of 5-6 grams of sodium, 4-5 grams of potassium, 250-400 milligrams of calcium, and 120-200 milligrams of magnesium,; the "girl" diet suggests up to 1 gram of sodium, 2.5-3.5 grams of potassium, 1.2-1.8 grams of calcium and 200-300 milligrams of magnesium. Moral and ethical questions are probed (is it wrong to choose your baby's sex?); and advice is given for women on special diets (consult your doctor before beginning this diet). A full month's menu plan is provided, recipes are given, and lists of equivalent foods that can be substituted for those suggested are offered. (kbc)

0080
The pregnancy book for today's woman /Howard I. Shapiro.
Shapiro, Howard I. Mount Vernon, N.Y. : Consumer's Union, c1983 (1984 printing). Includes index. xiv, 462 p. : ill. ; 24 cm. Bibliography: p. 430 -450. (NAL Call No.: DNAL RG551.S5 1983).
Abstract: Offered as a guide to accompany other family health books, this book is meant to give pregnant women information on topics they may not always cover with their physicians. Spermicides, abortions, vasectomies, pregnancy tects, spontaneous abortion s, morning sickness, exercision during pregnancy, sexually transmitted diseases, and travel-related concerns are some subjects addressed. General and specific nutrition information, several environmental hazards to pregnancy, and discussions of a range of medications are included. Additionally, reviews of the new obstetrical technologies such as fetoscopy and ultrasound are presented. Discussions of childbirth and the postpartum period are included. Tables, boxes, and an extensive bibliography are also included.

0081
Pregnancy, childbirth, and the newborn a complete guide for expectant parents /by Penny Simkin, Janet Whalley, and Ann Keppler. --.
Simkin, Penny, 1938-. ; Whalley, Janet,; 1945--Keppler, Ann,; 1946-. Deephaven, Minn. : Meadowbrook Books, 1984. Includes index. iv, 282 p. : ill. ; 24 cm. Bibliography: p. 273-275. (NAL Call No.: DNAL FNC RG525.S4 F&N B-4173).
Abstract: A reference guide for expectant parents provides information and guidelines on various aspects of pregnancy, delivery, and infant care. Topics include the characteristics of pregnancy; prenatal care; nutritional needs and health promotion during pregnancy; physical and relaxation exercises; preparation for childbirth; labor and delivery guidelines, variations, complications, and interventions; the use of medications; postpartum events; and the care and feeding of the newborn infant. Advice also is provided for preparing an older child for a new baby. Tables and illustrations are included throughout the text. (wz)

0082
Pregnant is beautiful : the complete body conditioning program for pregnant women and new mothers / Ronald M. Caplan. -.
Caplan, Ronald M. New York Appleton-Century-Crofts c1981. xi, 112 p. : ill. ; 21 cm. (NAL Call No.: RG525.C34 F&N C-2413).
Abstract: Body conditioning techniques for pregnant and new mothers are presented. Nutritional guidelines, exercises, skin care, breast care, stress prevention, labor, and delivery techniques are discussed. Special problems of pregnancy for older women are addressed. Healthful eating habits include analyzing and reorganizing

eating patterns, re-educating your body, eating only needed amounts of foods, and careful weight gain (no more than 30 pounds). In addition to a balanced diet, iron and folic acid supplements are needed. Problems of constipation, heartburn, morning sickness, and water retention are discussed. Typical healthful diets for pregnant, post delivery non-nursing, and breastfeeding women are listed. Other pregnancy problems which may be prevented are stretch marks, varicose veins, and drooping breasts. (rm)

0083
Pregnant while you work a practical guide to having a baby and a job /Wenda Wardell Morrone. --.
Morrone, Wenda Wardell. New York : Macmillan, c1984. "A Stonesong Press book.". viii, 230 p. ; 22 cm.
Bibliography: p. 229-230. (NAL Call No.: DNAL RG525.M67).
Abstract: This practical guide to having a baby while keeping your job discusses a pregnant's working woman's concerns in 2 sections. The first addresses the practical day-to-day problems of pregnancy; from how to plan around nausea, to how to get the best company benefits, to how to dress, to the specific needs of single mothers. The second half of the book deals with the major changes in the offing, and how to explore possibilities for answers to such questions as: what does one's job represent? How does one do quality work when continually tired? Will someone have to cut back on his or her ambitions? What kind of child care would be most suitable? What should one's job and lifestyle be for maximum satisfaction? The emphasis is on each woman making plans that will suit her and her family. The process is common to all, but the answers are specific to every woman who has a baby and chooses to work.

0084
The premie parents' handbook a lifeline for the new parents of a premature baby /Adrienne B. Lieberman, Thomas G. Sheagren. --.
Lieberman, Adrienne B. ; Sheagren, Thomas G. New York : Dutton, c1984. Includes index. xviii, 302 p. ; 21 cm.
Bibliography: p. 255-266. (NAL Call No.: DNAL FNC RJ250.L5 1984 F&N C-2835).
Abstract: Well-researched, factual information about premature infants is presented in an honest and easy-to-understand manner in this handbook, designed to answer parents' questions and help them cope with the care of their premature infant. The guide is divided into major sections discussing the baby's birth, hospital stay, homecoming, and future growth and development. Risk factors associated with premature labor and delivery are presented and some medical problems commonly seen in premature infants are described. The neonatal intensive care unit is described in detail; medical equipment, staff responsibilities, and routine tests and procedures are discussd. Suggestions are provided for coping with the premature infant's needs at home and developmental milestones during the first year of life are outlined. Suggestions are given for identifying and handling potential long-term problems in the premature infant's future and considerations for planning future pregnancies are discussed. Helpful features of the guide include a list of additional resources available (by chapter), a glossary, a weight conversion chart, and an index. (aj)

0085
Prenatal care. --.
Rockville, Md. (5600 Fishers Lane, Rockville 20857) : U.S. Dept. of Health and Human Services, Public Health Service/Health Resources and Services Administration, Bureau of Health Care Delivery and Assistance, Division of Maternal and Child Health ; Washington, D.C. : Supt. of Docs., U.S. G.P.O., distributor , 1983. 9 , 98 p. : ill. ; 23 cm. --. (NAL Call No.: DNAL RG525.P74).
Abstract: Pregnancy, childbirth, and care of the newborn infant are the subjects of this brief, yet comprehensive prenatal care guide developed by the Public Health Service of the U.S. Department of Health and Human Services. Aspects of pregnancy that are discussed include: 1) health professionals involved in providing proper prenatal care and suggested scheduling of prenatal visits, 2) physical and emotional changes, 3) physical development of the baby month-by-month, 4) lifestyle factors (i.e., exercises, breathing techniques, work, rest, travel, sexual relations, use of alcohol, cigarettes, and drugs, 5) nutritional requirements, 6) common discomforts (i.e. nausea, vomiting, heartburn, constipation, hemorrhoids, backache, and 7) more serious problems (i.e. miscarriage, anemia, toxemia, rubella, Rh factor). Components of the birth process include preparing for the birth, labor and delivery, and hospital stay and recovery. Topics include signs and stages of labor, medication and anesthesia, episiotomy, Cesarean section, and breech births, as well as recovery, length of hospital stay, breast care, depression, fatique, getting back into shape, and post-partum checkups. The section on caring for the newborn discusses breast and/or formula feeding, bathing, travelling, establishing a schedule, and checkups. A number of helpful figures and diagrams illustrate concepts described in the text. (aj)

0086
Should I drink? --.
Rockville, Md. : U.S. Dept. of Health and Human Services, Public Health Service, Alcohol, Drug Abuse, and Mental Health Administration, National Institute on Alcohol Abuse and Alcoholism, 1983. "Printed 1980"--P. 6. , 1 folded sheet (6 p.) : col. ill. ; 22 cm. --. (NAL Call No.: DNAL

TX361.P7S5 1983).
Abstract: The risks associated with drinking alcohol during pregnancy are presented in an easy-to-understand question and answer format. Alcohol is one of the number of drugs that may harm the developing fetus and should be used very cutiously, if at all, during pregnancy. Birth defects that may result from heavy drinking including physical deformities and retarded growth and mental development. Simple illustrations show how alcohol affects fetal development and how risk increases with increased alcohol intake. The safest recommendation for pregnant women is to avoid use of alcohol and other drugs. Women who suspect they have alcohol-related problems can contact outside services for help. Additional practices that increases the chance of a having healthy baby include 1) eating nutritious and well-balanced meals, 2) refraining from cigarette smoking, and 3) following a doctor's orders. (aj)

0087
Show-me healthy habits a nutrition education curriculum for preschoolers / developed by Karma Overmiller ... et al. .
; Overmiller, Karen. Jefferson City, Mo.? : Nutrition, Education and Training Program, Missouri Dept. of Social Services, Division of Health?, 1986? . Cover title.~ Title on p. 5 : Show-me healthy habits nutrition education curriculum for preschoolers.~ Designed by ABCD and Northwest Missouri Extension Areas with local University Extension Councils cooperating.". 1 v. : ill. ; 28 cm. + 1 stamp. Includes bibliographical references. (NAL Call No.: DNAL TX361.C5S5).
Abstract: Centered around three principles: nutrients are inside foods, nutrients perform specific bodily functions, and individual/family patterns can be strengthened through behavior modification, this curriculum was developed for preschoolers. Guided by the Healthy Habit Twins, the text covers several nutrition topics in individual mini lessons. Good health habits, nutrition for preschoolers, and some major vitamins/minerals are sections taught by Nutri-letters and through activity guides. How to conduct a health fair is presented in detail. All lessons are reinforced by an extensive resource guide to books and films. A knowledge/attitude survey to be taken by the child care provider is included.

0088
Teddy bears and bean sprouts the infant and vegetarian nutrition / written by Barbara J. Ivens ; with assistance from William B. Weil . --.
Ivens, Barbara J. ; Weil, William B. Fremont, Mich. : Gerber Products Co., 1984. Caption title. 24 p. : ill. ; 22 cm. (NAL Call No.: DNAL RJ216.I8).
Abstract: Nutrients required for optimal infant growth and development are discussed, in 7 chapters in addition to the foreward and introduction. Chapters 1 & 2 discuss vegetarian practices or food patterns and the required daily nutrients, emphasizing calories and proteins. Chapter 3 discusses the requirements infants have for iron, vitamin B12, folacin and calcium and vitamin D. Chapter 4 covers breast feeding and formula or supplemental feeding. Chapters 5 & 6 discuss the need for supplemental foods and variety. Chapter 7 covers the individualty of each baby, and summerizes the information presented previously. (kbc)

0089
Teen pregnancy the challenges we faced, the choices we made /Donna & Rodger Ewy.
Ewy, Donna. ; Ewy, Rodger. Boulder, Colo. : Pruett Pub. Co., c1984. Includes index. v, 188 p. : ill. ; 21 cm. (NAL Call No.: DNAL RG556.5.E95 1984).
Abstract: Drawing on the personal experiences of pregnant teens, this book is written as a guide for others facing the hard choices and special challenges of teen pregnancy. What happens from conception to birth, stories told by mothers about their pregnancy experiences, problems encountered with families, friends, and fathers of the babies, prenatal care, continuing school through pregnancy, parenting, and alternative choices to pregnancy comprise some of the topics addressed. Photographs of teen mothers in different situations are included.

0090
Thanks for caring enough not to drinkhelp mothers-to-be not drink during pregnancy.
Sells, Ariz.? : Fetal Alcohol Syndrome Prevention Project, Papago Community Health Dept., c1985. 1 poster : col. ; 61 x 71 cm. (NAL Call No.: DNAL Graphic no.122 F&N).
Abstract: Designed for the Fetal Alcohol Syndrome Prevention Project for American Indians, this poster colorfully depicts a pregnant Indian woman interacting with supportive family members and friends in a traditional village setting. The written message encourages a mother-to-be not to drink during pregnancy.

0091
Thinking of breastfeeding? --.
Hinton, Sarah M. ; Kerwin, Diane R.~Mann, Barbara F.~Johnson, Donna G. Raleigh, N.C. : N.C. Agricultural Extension Service, 1981 . Cover title.~ Developed by Sarah M. Hinton with assistance from Diane R. Kerwin and Barbara F. Mann; design and graphics by Donna G. Johnson.~ Flip chart. 24 p. : chiefly col. ill. ; 28 cm. (NAL Call No.: DNAL FNC RJ216.T48 F&N W-95).
Abstract: Easily read format briefly describes and illustrates areas of concern during breastfeeding: importance of calm environment and supportive family; technique; breast care; length of time to breastfeed; and supplemental feedings. Dietary information includes a daily food guide, calorie needs, fluid requirements, avoidance of alcohol, drugs and tobacco. Benefits of

breastfeeding to mother and baby are listed. (js)

0092
To baby with love : your prenatal nutrition diary / Marilyn Hanson, Robert Segura. -.
Hanson, Marilyn. ; Segura, Robert. Palo Alto, California Bull Publishing c1982. 1 v. (various pagings) : ill. ; 19 cm. (NAL Call No.: RG525.H3 F&N C-2530).
Abstract: A prenatal nutrition diary presents information to help the pregnant mother prepare for her child's birth. Nutritional habits and weight gain are discussed in the first section which covers tips for pregnant vegetarians, nausea, breastfeeding, high blood pressure, shopping, menus, and recipes. The major portion of the book consists of a diary in which the mother records the foods she eats, her emotional reactions to and descriptions of important events. The diary is intended to be used as a tool to help the pregnant woman eat right and follow her child's development. (kbc)

0093
Total nutrition for breast feeding mothers /Betty Kamen and Si Kamen.
Kamen, Betty. ; Kamen, Si. Boston : Little, Brown and Company , c1986. Includes index. xxii, 266 p. ; 24 cm. Bibliography: p. 233 -254. (NAL Call No.: DNAL RJ216.K34 1986).
Abstract: Since the 1970's, breast-feeding has once again become popular among mothers and promoted by physicians. In our society, despite the improved attitude toward breast-feeding, many women may not be nursing their infants for a long enough duration. This book aims to increase the success of breast-feeding and reduce the rapid falloff rate. The book stresses the importance of breast-feeding as a natural biological mechanism which was perfected millions of years ago and which has yet to be improved upon. Physicians and expectant mothers can gain new insight to the benefits of breast-feeding by reading this book.

0094
The Total nutrition guide for mother and baby : from pregnancy through the first three years / Alice White. -.
White, Alice, 1943-. New York Ballantine Books 1983. Includes index. xi, 291 p. : ill. ; 18 cm. (NAL Call No.: RJ206.W49 F&N B-3835).
Abstract: A guide designed to promote optional maternal and infant nutrition provides information on the effects of diet during pregnancy and research data on the nutritional value of breast milk and formula. Timing and sequence of the introduction of solids to infants are described. Special emphasis is placed on family eating habits which can influence the child's eating habits not only in childhood but throughout life. Weight gain, nutrient intake, calories, ingested substances (alcohol, smoke) that can affect fetal health, the protective effects of breastmilk, salt, sugar, and risk factors of prevalent diseases are discussed. (kbc)

0095
Vitamin A.
Washington : Washington State Dept. of Social & Health Services, 1981. In English, Cambodian, Chinese, Laotian, Vietnamese.~ Cover title.~ Adapted from "Vitamin A" handout developed by: Cooperative Extension, New York State College of Human Ecology and Agriculture and Life Sciences, Cornell University, Ithaca, N.Y. 4 v. (loose-leaf) ; 28 cm. (NAL Call No.: DNAL TX553.V5V57).
Abstract: The functions and food sources of Vitamin A are outlined in this handout adapted from material developed by the Cooperative Extension Service at Cornell University. Vitamin A is important for good vision at night, resistance to infection, and healthy skin. Pregnant women and children also need vitamin A to grow properly. Good food sources of vitamin A include dark-green and yellow-orange vegetables and fruits. Infants can get vitamin A from formula or breastmilk, as well as from strained liver and yellow-orange vegetables. Handouts are available in Chinese, Laotian, Vietnamese, and Cambodian. Each is written in a two-language format, with the major language and English printed opposite one another on each page.

0096
Welcome baby : a guide to the first six weeks / Anne Marie Mueser, George E. Verrilli. -.
Mueser, Anne Marie. ; Verrilli, George E. New York St. Martin's Press 1982. A companion vol. to the authors' While waiting ~Includes index. 87 p. : ill. ; 26 cm. (NAL Call No.: RJ253.M83 1982 F&N E-3797).
Abstract: Practical and nutritional information on infant care is provided for new and expectant mothers by an obstetrician and a mother. Considerations as the baby arrives include: newborn characteristics, medical procedures, care for the new mother, premature infants, circumcision, naming the baby, and selecting a pediatrician. Breast feeding is promoted but combining use of breast and bottle also is discussed along with specific nutritional and practical details on both feeding methods. Miscellaneous health care and infant handling information (first aid, accident prevention, bathing, burping, diaper rash, diarrhea, rashes, solid foods, travel) is given. Discussion of infant development covers temperament, touching and grasping, seeing and hearing, crying, sound responses, and helping the baby to look and learn. The information is organized in ready-reference format. (wz)

0097
What everyone should know about fetal alcohol effects. --.
South Deerfield, Mass. : Channing L. Bete Co., 1985, c1983. "A Scriptographic booklet."--p. 2 .~ Cover title. 15 p. : ill. ; 21 cm. (NAL Call No.: DNAL

RG629.F45W46 1985).
Abstract: Fetal alcohol effects, defined as birth defects or other abnormalities that occur in some children whose mothers drank alcohol during pregnancy, are described in this easy-to-read, simple illustrated booklet advocating abstinence as the safest course of action concerning drinking while pregnant. A range of fetal effects associated with drinking and factors related to the degree of damage caused by alcohol are identified. Physiological changes, growth, and developmental changes that take place during each trimester of pregnancy are described. Fetal alcohol syndrome (FAS), the most severe outcome of drinking during pregnancy, and physical signs of alcohol's effects on the unborn child (facial abnormalities, size, hands and toes, other defects) are outlined. Meental and psychological problems that may result from alcohol's effects on the baby's nervous system include brain damage, mental retardation, poor coordination, and learning diabilities. Questions and answers examine the risks of occasional heavy drinking, the choice between beer, wine, and liquor, and whether heavy drinking by the father can affect the child's health. Alternatives to drinking during pregnancy are suggested and sources of assistance are provided for women who desire help in controlling their drinking. (aje)

0098
What to do if you or someone you know is under 18 and pregnant / by Arlene Kramer Richards and Irene Willis ; drawings by Larry Stein, photographs by G. Douglas Thayer. -.
Richards, Arlene. ; Willis, Irene.& Under 18 and pregnant.-Under eighteen and pregnant. New York Lothrop, Lee & Shepard Books c1983. Includes index. 256 p. : ill. ; 22 cm. Bibliography: p. 244-250. (NAL Call No.: RG556.5.R5 1983 F&N B-3852).
Abstract: Essential, supportive information is provided to aid young, pregnant adolescents in making sound, realistic decisions about birth control, pregnancy, parenthood, and marriage. How pregnancy happens, the first 3 months, the remaining 6 months, adoption vs. keeping the baby, raising the baby, and whether to get married, are discussed frankly and clearly. An extensive listing of where to get help is appended, covering addresses and telephone numbers of US and Canadian adolescent clinics, Florence Crittenton maternity services houses, state Salvation Army houses, state and public adoption agencies and services, women's support groups, and other resources. (wz)

0099
What you should know about infant nutrition. --.
South Deerfield, Mass. : Channing L. Bete Co., 1985, c1982. A Scriptographic booklet. 15 p. : ill. ; 21 cm. (NAL Call No.: DNAL RJ216.W46 1985).
Abstract: Infant nutrition is important because it will supply babies with energy, strength, growth, good health, and good eating habits. Types of milk, breast feeding, and bottle feeding are discussed, and a timetable for introducing different kinds of solid foods is outlined. General information on nutrition, feeding, and problems to watch out for is included. (as)

0100
What you should know about teenage pregnancy. --.
South Deerfield, Mass. : Channing L. Bete Co., 1985, c1983. "A Scriptographic booklet."--p. 2 .- Cover title. 15 p. : ill. ; 21 cm. (NAL Call No.: DNAL RG556.5.W46 1985).
Abstract: The challenges, decisions, and responsibilities that confront teenagers with a new baby are discussed in this easy-to-understand booklet. Responsible choices are encouraged for sexually active teenagers. Various aspects of teenagers' lives that are affected by parenthood are examined: physical health, emotional health, social life, and financial matters. The process of fertilization and male and female anatomy are reviewed briefly. Safe and effective contraceptive methods (i.e. the pill, I.U.D., diaphragm, condom, chemical barriers, natural family planning) are described, including their advantages, disadvantages, and how they work. Less reliable birth control methods (i.e. withdrawal, douching, makeshift condoms) are also discussed. Sources of additional information on contraception are provided. Early signs of pregnancy are identified; sources of assistance are suggested for teenagers who discover or suspect that they are pregnant. (aje)

0101
"When your baby has diarrhea" a parent's guide / developed by Bertie Hagberg and Bertha Gipp .
Hagberg, Bertie. ; Gipp, Bertha. Brismarck, N.D.? : North Dakota State Dept. of Health, Native American Maternal & Child Health Project, 1987. Cover title. 10 leaves : ill. ; 14 cm. (NAL Call No.: DNAL RJ456.D5H3 1987).
Abstract: Diarrhea, a common occurrence among infants and young children, ofter results in a great loss of body fluids. To assist Native American parents in properly feeding the recovering infant, this booklet gives advice on both feeding and general care. Formula-fed/breastfed babies, vomitting, record sheets, recipes and other helpful hints comprise some of the topics addressed.

0102
"When your baby has diarrhea"a parent's guide.
Bismarck, N.D.? : North Dakota State Dept. of Health, Division of Maternal & Child Health, Native American Maternal & Child Health Project, 1987. 1 wall chart : double-sided, col. ; 28 x 22 cm. (NAL Call No.: DNAL Graphic no.124 1987 F&N).
Abstract: Designed to inform American Indian parents how to care for their

children with diarrhea, this poster lists how to feed both breast-fed and formula-fed babies for two days. Stressed is the replacement of fluids. Symptoms to note for seeking physician care and some liquid recipes are included.

0103
While waiting : a prenatal guidebook / George Verrilli, Anne Marie Mueser. -.
Verrilli, George E. ; Mueser, Anne Marie. New York St Martin's Press 1982. Includes index. 88 p. : ill. ; 26 cm. (NAL Call No.: RG525.V45 1982 F&N E-3796).
Abstract: Guidance is provided to expectant mothers by an obstetrician and a mother on the medical and practical aspects of the prenatal period. The material presented covers: medical care from the physician (initial visit, physical exam, prenatal laboratory tests, warning signs, personal health history); changes in the mother's body and how to adjust to them; maintenance of health and fitness during the prenatal period; labor and delivery; and postpartum care. Special questions of concern that may be encountered by expectant mothers are also addressed: addictive drugs, alcohol, amniocentesis, breech births, dental care, dilation, employment, lovemaking, Rh negativity, bathing, smoking, sports, travel, and body weight. Detailed guidance for specific nutritional needs also is provided. (wz)

0104
The Womanly art of breastfeeding /La Leche League International. --.
New York : New American Library, 1983, c1981. Reprint. Originally published: Franklin Park, Ill. : La Leche League International, 1981.~ Includes index. xvi, 368 p. : ill. ; 21 cm.
Bibliography: p. 348-354. (NAL Call No.: DNAL RJ216.W58 1983).
Abstract: This guide to breastfeeding is based on scientific research and the experiences of many breastfeeding mothers. The book covers ways to prepare physically and emotionally before delivery, combining breastfeeding and working, establishing and maintaining an ample milk supply, and how to handle common breastfeeding problems. Nutrition for mother, introducing solid foods, and weaning are discussed. The nutritional advantages of breast milk for the infant and of breastfeeding for mother and baby are outlined. A list of recommended books and a resource list are also provided. (as)

0105
Working pregnant /Jane Hughes Paulson. --.
Paulson, Jane Hughes. New York : Ballantine Books, 1984. "A Fawcett Columbine book."~ Includes index. 240 p. : ill. ; 21 cm. Bibliography: p. 229-230. (NAL Call No.: DNAL RG525.P3 1984).
Abstracts: Working pregnant is something an increasing number of women are doing. This guide is a compenduim of information on managing pregnancy and coping with issues of maternity leave, child care, and getting back to work. The ideas and tips were gleaned from the author's personal experience and interviews with other women. Timing a pregnancy with regard to career objeectives, job, a couple's desire to have a child, and their lifestyle is discussed. An overview of pregnancy is provided: medical care, physical and emotional changes, the development of the fetus, common health problems and possible complications in pregnancy, labor and delivery. How to plan, negotiate, and implement maternity leave is discussed. Nutrition and exercise are important concerns during pregnancy. Personal aspects are also important, i.e. maintenance of a professional look via clothing, skin, and hair care. Suggestions are offered on choosing a pediatrician, deciding between breast and bottle-feeding, preparing the home, birth annoucements and baby naming. The issue of child care is a crucial one - who should do it, where to find it, what type is best, and tax issues involved. Finally, preparing for the return to work is descussed. A bibliography & index found at the back of the book. (as)

0106
Working with the pregnant teenager : a guide for nutrition educators.
(Washington, D.C.?) U.S. Dept. of Agriculture 1981. "United States Department of Health and Human Services, March of Dimes Birth Defects Foundation. ~"October 1981"--P. i, ii, 34 p. : ill. ; 30 cm. + 3 posters. --. Includes bibliographical references. (NAL Call No.: RG556.5.W67 F&N W-51).
Abstract: Criteria for nutritional risk, nutritional requirements of teenagers, and counseling strategies are explained. Four sample lesson plans, especially designed for teens, provide learning activities, materials to meet stated objectives and evaluation activities, including a nutrition self assessment questionnaire. The large wall chart, "How a Baby Grows," describes and illustrates the monthly growth of the fetus and changes in the mother's body, and highlights appropriate health care measures. Two additional posters show photographs of teenagers and promote wise food choices, and good health habits.

0107
You and your baby : a guide for teenaged mothers / (by M. Kurez, C. Merwin ; art by Lois Sansone. -.
Kurez, M. ; Merwin, C. Fremont, Mich. Gerber Products Co. c 1981. (16) p. : ill. ; 22 cm. (NAL Call No.: RG556.5.K87 1981 F&N W-52).
Abstract: The impact of a new baby on the life of a teenager is described in an easy-to-read style. Expectations, mood swings, lifestyle changes and coping mechanisms are discusssed. Toys, pictures, and music are suggested to stimulate the baby's senses. The development of a caring, loving

mother-child relationship is emphasized.

0108
You don't have to get fat to have a baby : how to have a healthy baby and still stay slim / Velma Walker. -.
Walker, Velma. Englewood Cliffs, N.J. Prentice-Hall c1982. "A Spectrum book. ~Includes index. xii, 164 p. : ill. ; 23 cm. Bibliography: p. 157-160. (NAL Call No.: RG559.W3 F&N C-2540).
Abstract: Guidelines are provided for expectant women on how to have a healthy baby and still stay slim. While the theme of the material is directed toward the pregnant woman, sufficient scientific nutritional facts are covered to assist other people (including the pregnant woman's husband, families, and the general public) to achieve improved health. The guidelines are presented in practical language in a positive posture. Topics include: positive behavior modification toward weight control through diet; calculating non-pregnant weight; avoidance of junk foods; use of food substitutions; designing personal menus; and after-pregnancy dieting and exercises. (wz)

0109
You, your baby, your diabetes. --.
; Heckman, Madonna. Bethesda, Md. : American Diabetes Association, Washington, D.C. Area Affiliate, Inc., c1982. Cover title.~ Caption title: You, your baby and your diabetes.~ Contributors: Madonna Heckman and others. 21 p. : ill. ; 22 cm. (NAL Call No.: DNAL FNC RG580.D5Y68 F&N C-2889).
Abstract: Various aspects of the control of diabetes during pregnancy are presented in this easy-to-understand guide prepared by dietitians and nurses for the American Diabetes Association. Diabetes is defined and classes of diabetes are described. Normal body changes that occur during pregnancy and implications for diabetes treatment are discussed. Nutritional needs of the pregnant woman with diabetes are outlined in terms of required nutrients and foods that supply them. Exchange lists, which group foods together according to carbohydrate, fat, and protein content, are recommended for diet planning and a sample menu is provided for illustration. Advantages of and some common concerns about breast feeding are presented. Guidelines are provided for professionals working with pregnant women with diabetes and a comprehensive glossary of terms is included. (aj)

0110
Your premature baby the complete guide to premie care during that crucial first year /Robin Marantz Henig, with Anne B. Fletcher ; foreword by Benjamin Spock ; illustrations by Deborah Addison ; photographs by Jerry A. McCoy. --.
Henig, Robin Marantz. ; Fletcher, Anne B. New York : Ballantine Books, c1983. Includes index. xxvi, 301 p., 8 p. of plates : ill. ; 22 cm. (NAL Call No.: DNAL RJ250.H46 1983).
Abstract: This guide to premie care during the first year of life answers a variety of questions parents of a premature baby might have. It discusses what parents can expect the baby to go through physically, what they can expect to go through emotionally, what their interactions with their baby will be like, and how to prepare for bringing the baby home. Part II describes the basics of infant and premie care, possible problems and how to deal with them, and how protective to be. In the third section, the outlook for future pregnancies and for the baby are dealt with. Special features include a glossary of medical terms, a resource list, a growth chart, a section of photographs depicting hospital care of the premie, and an illustrated story for young children about their premie sibling. (as)

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